

OTTAWA

metro®

NEWS
WORTH
SHARING.TONIGHT,
TOMORROW

JIMMY FALLON SAYS HE'S NOT GOING TO CHANGE HIS COMEDIC TUNE WHEN HE TAKES OVER FOR LENO **PAGE 12**

I took the dough:
Father Joe confesses

Ottawa priest pleads guilty to defrauding Blessed Sacrament Church of \$130K; some parishioners still stand by him **PAGE 4**

Cheers and jeers
for Harper's
Knesset speech

Parliamentarians reacted with standing ovations and walkouts **PAGE 8**



Teen critical after being hit by car



École secondaire catholique Franco-Cité student Jean-Remy Ayoune is in critical condition in hospital after being struck by a car Monday morning. **FACEBOOK**

'Shock.' Friend describes Jean-Remy Ayoune as 'a class act'



TREVOR GREENWAY
trevor.greenway@metronews.ca

Students at École secondaire catholique Franco-Cité are in shock after fellow student and athlete Jean-Remy Ayoune sustained life-threatening head injuries when he was struck by a car Monday morning in front of the school.

The 16-year-old football and basketball player remains in critical condition at CHEO.

Students at the school found it difficult to talk about their injured friend and teammate following the accident Monday.

"I think I am going to cry right now," said August Fedner, who has played basketball with Ayoune for the past three years. Fedner said his friend was waiting for the bus Monday morning when he slipped on ice and was struck by a black Nissan Sentra on Smyth Road. "I never knew something like this could happen. I'm in shock."

Paramedics responded to the scene around 11:30 a.m.

and said Ayoune was "semi-conscious" when they arrived. They immediately sent the Grade 11 student to hospital.

Franco-Cité student Alijon-dro Mcizeon was on the scene and said Ayoune was confused as he lay on the ground after he was hit. He said the car was going about 40 km/h when it struck Ayoune.

"He was just in shock, he didn't know what was going on," said Mcizeon.

News of the accident spread on Twitter with friends encouraging others to "Pray For My Boy Jean-Remy."

Grade 11 student Alex Low, who plays on the school's football team with Ayoune, said his teammate was a "class act," who always had a smile on his face. The two have been playing sports together since Grade 7 and became good friends.

"Only a few days ago we were playing basketball in the gym, now he is in the hospital with life-threatening head injuries," said Low.

"A few people are taking the news really hard. It has been a weird day today."

Police closed the west-bound lane on Smyth and were directing traffic until the late afternoon as police tried to reconstruct the scene.

COROLLA

Like you've never seen it before.



2014 COROLLA CE 6M

GET INTO AN ALL-NEW 2014 COROLLA

LEASE FROM
\$89
SEMI-MONTHLY*

FOR 60 MONTHS AT
2.9%
WITH **\$0** DOWN



TOYOTA

toyota.ca

*Limited time 2.9% semi-monthly lease offered through Toyota Financial Services on approved credit to qualified retail customers on all new 2014 Corolla models. First semi-monthly payment due at lease inception and next semi-monthly payment due approximately 15 days later and semi-monthly thereafter throughout the term. Toyota Financial Services will waive the final semi-monthly payment. Semi-monthly lease offers not open to employees of Toyota Canada, Toyota Financial Services or TMMC/TMMC Vehicle Purchase Plan. Some conditions apply. See your Toyota dealer for complete details. Example (applies across Canada except Quebec): 2014 Corolla CE 6M with a vehicle price of \$16,415 (includes \$1,100 Toyota Canada Lease Assist, which is deducted from the negotiated selling price after taxes, and \$1,520 freight/PDI) leased at 2.9% over 60 months with \$0 down payment equals 120 semi-monthly payments of \$89 with a cost of borrowing of \$1,735.85 and a total obligation of \$12,369.05. \$0 security deposit and first semi-monthly payment due at lease inception. Price and total obligation exclude license, insurance, registration, fees and taxes. 100,000 km allowance for 60 months, with ability to purchase additional kilometres at \$0.05/km at time of lease inception, and a charge of \$0.07/km for excess kilometres. Dealer may lease for less.



Break up with cable. You deserve better.

Switch to the best TV service and enjoy stunning HD, the channels you want and features you won't find on cable.

	Fibe	Cable
Move your TV anywhere, anytime with Wireless TV! ¹	✓	✗
Enjoy the best On Demand experience with more HD movies and shows.	✓	✗
Access over 100 channels on your tablet or smartphone ²	✓	✗

Get Fibe TV along with Internet and Home phone and enjoy the best ongoing bundle price around.



\$85 /MO.
FROM for 3 months.
\$124/mo. thereafter.³ + **FREE WHOLE HOME PVR**⁴

Get a professional installation for only \$49.95 with a 2-yr. contract term.⁵

NOW INCLUDES UNLIMITED INTERNET USAGE.

1 866 676-2044 • Visit a Bell store • bell.ca/fibetv

Bell switching
just got
better

Available at the following
Bell stores:

ARNPRIOR
68 Daniel Street N

BROCKVILLE
1000 Islands Mall
R.R. 3 Highway 2 W.

CORNWALL
Cornwall Square

KANATA
510 Earl Grey Dr.

NEPEAN
50 Market Place Ave.
1541 Merivale Rd.
Bayshore Shopping Centre

ORLEANS
Place d'Orleans
SmartCentres Orleans

OTTAWA
247 Bank St.
Billings Bridge Plaza
Carlingwood Shopping Centre
Rideau Centre
St. Laurent Shopping Centre
St. Laurent Shopping Centre – kiosk

PEMBROKE
1018 Pembroke St. E.

PETAWAWA
3471-B Petawawa Blvd.

RENFREW
178 Plaunt St.

SMITHS FALLS
16 Beckwith St. S.

STITTSVILLE
Crossing Bridge Mall

Also available at:



Current as of January 17, 2014. Offer ends February 7, 2014. Any portion of the Bell Bundle Program may be modified, discontinued or terminated at any time. Bell is not obligated to provide the Bundle Discount for the duration of any term contract for Eligible Services, including the Discountable Services; see bell.ca/bundledetails. Available to new residential customers in Ontario where access and technology permit. Upon early termination, price adjustment charges apply. Subject to change without notice; not combinable with other offers. Taxes and restrictions apply. E-billing is provided at no cost, paper billing is available for \$2/mo. Fibe TV: Where applicable, monthly prices include a fee to fund Bell's contribution to the CRTC's Local Programming Improvement Fund (LPIF); see bell.ca/LPIF. Requires subscription to Fibe Internet. Home phone: Available where not CRTC-regulated. Service area charge (\$3/mo.) may apply; see bell.ca/serviceareacharge. By default, Canada and US long distance is 30 c/min. and \$2.95/mo. network charge applies on first call. Internet: modem rental required; one-time modem fee credited for new clients. Actual speeds will vary depending on the distance between the customer's modem and switching equipment from Bell: 680 Kbps and max. 1 Mbps upload speeds. (1) Wireless from the modem to the receiver. The wireless receiver needs to be physically connected to the TV and to a power outlet. Customer responsible for use of wireless receiver; do not expose to heat sources, rain or damp and temperature extremes. Range of wireless signal may vary due to electromagnetic interference, home construction material, obstructions and other environmental factors. Each additional TV requires one HD receiver (\$7/mo. rental or \$199 purchase). (2) With compatible iOS or Android devices. Select live channels and On Demand programming from your Bell TV subscription are available and will vary if viewed over Wi-Fi at your home or outside your home. Content viewed over Wi-Fi at home will count towards your monthly Internet data usage. Channels/content subject to change without notice and blackout periods may apply. Other conditions apply. To download the Bell TV app and for more details see bell.ca/tvanywhere. Bell TV is also available over the Bell cellular network with select Bell Mobility plans plus the Mobile TV add on. (3) Available to new customers with continued subscription to TV, Internet and Home phone; see bell.ca/bundle for details. Bell TV The Good Package promotional price \$14.95: monthly rate \$45.95, less \$8 Bundle discount, less \$26 credit for months 1 to 3, plus \$3 Digital Service Fee. Bell Fibe Internet 5/10 - Promotional \$44.95 monthly rate: monthly rate is \$46.95, less \$8 credit for months 1 to 3, less \$4 Bundle discount, plus \$10/month unlimited usage. Home phone Lite: Promotional \$24.95 monthly rate: monthly rate is \$30.99, less \$5 credit for months 1 to 3 less \$4 bundle discount, plus \$2.96 Touch-Tone & 9-1-1 fee. All pricing are subject to change without notice (4) \$0 rental based on \$15 monthly rental fee, less a \$15 monthly credit. Available to new Bell TV subscribers with continued subscription to three eligible Bell services; see bell.ca/bundle. The receiver remains Bell's property. You may terminate your rental at any time provided you return the receiver (early termination fees on programming may apply). Receivers may be new or refurbished at Bell's choice. (5) Fibe TV: installation charges are \$49.95 on a 2-year contract term, \$149.95 on a 1-year contract term and \$249.95 with no contract term. Includes installation of modem, Whole Home PVR and up to 2 additional HD receivers; see bell.ca/fibetvinstall. Internet: see bell.ca/installationincluded. Home phone: includes 1 jack at service entry point (if none); install is \$99/1st additional jack, \$55/each jack thereafter. Fibe is a trademark of Bell Canada.

Search is on

Police looking for bank bandits

The Ottawa Police Service Robbery Unit needs your help in solving a recent bank robbery.

On Jan. 15, around 4:40 p.m., two suspects entered a bank situated along the 1100 block of Wellington Avenue near Parkdale Avenue. One suspect kept watch at the doorway while the second approached a bank employee and passed a note making a demand for money.

The first suspect is described as male, black, approximately five-foot-eight to five-foot-ten, 20-25 years of age, slim build, clean shaven with black, curly hair. He was accompanied by a white male, approximately five-foot-eight to six-foot, 20-25 years of age, slim build, medium-length brown hair, wearing a grey hooded sweatshirt, toque, light-coloured pants and a knapsack slung over his left shoulder. Anyone with information is asked to contact the Robbery Unit at 613-236-1222 ext. 5116 or Crime Stoppers at 613-233-8477. **METRO**

Annual blitz on the roads

Ottawa, Gatineau cops nab speeders

Ottawa and Gatineau Police laid 1,368 charges for impaired driving and speeding during their annual Services's Selective Traffic Enforcement Program Christmas blitz. Ottawa police charged 90 drivers with DUI and wrote 708 speeding tickets in December, while Gatineau police charged 52 with DUI and issued 518 speeding tickets. **DENIS ARMSTRONG/METRO**



Ottawa police detectives Carolyn Botting, left, and Kelly Lyle speak to reporters after sentencing at the teen pimp trial Monday. **TREVOR GREENWAY/METRO**

Teen gets 3 years in pimp-ring case

Trial. Two other girls are still awaiting sentencing



TREVOR GREENWAY
trevor.greenway@metronews.ca

An Ottawa judge said a teenager convicted of human trafficking led unsuspecting girls down a "spiralling, horrific nightmare" when she and two others forced them into a teenaged prostitution ring two years ago.

Justice Diane Lahaie didn't hold back when sentencing the 17-year-old to three years in prison Monday — the max-

imum sentence for a youth accused of human trafficking.

The convicted teen is the youngest of a trio accused of luring girls to a south Ottawa home and forcing them to perform sexual acts for men.

"These girls were your sexual pawns and there was no true compassion shown to any of them," Lahaie read aloud in the courtroom Monday as the teen, who cannot be named, stood motionless in the prisoner's box.

"These were vicious and premeditated attacks designed to instill fear, shame and dominance to prevent the victims from escaping."

Lahaie said the court was troubled with how the teen and her co-accused used social

media sites to entice several teenaged girls as young as 13 years old to have "otherwise normal adolescent fun" only to be later forced into prostitution.

Although Lahaie said the teen showed remorse when she reversed her not guilty plea in September, the aggravating factors, including the "callous disregard for the plight of the victims," compelled her to hand down the maximum sentence.

Ottawa police Det. Carolyn Botting was happy the teen got the maximum sentence, but still worries about how the young victims may never recover from the "horribly tragic crimes" committed against them.

"The victims have been

through a lot and so have their families," she told reporters at the Ottawa Courthouse Monday.

"You have seen their mothers here, you have seen grandmothers here and we have to remember that this isn't about us. This isn't about the accused. This is about the victims and what they have gone through."

The teenager will only spend another five months behind bars and an additional 76 days under supervised custody in the community, as she has been credited for time already served. Lahaie also placed strict conditions upon her release and ordered her to stay sober, refrain from possessing any weapons and not contact the victims or their families.

PERSONAL SUPPORT WORKER

This 27 week program provides the theoretical knowledge and the practical skills required to enter the healthcare field as a Personal Support Worker.

Graduates will find employment within:
Long-Term Care Facilities • Group Homes
Hospitals • Retirement Homes/Residences
Agencies providing Homecare Service



ALGONQUIN CAREERS ACADEMY

1830 BANK STREET • 613-722-7811 • ALGONQUINACADEMY.COM

CLASSES STARTING SOON!

1 NEWS

Father Joe Leclair pleads guilty to fraud and theft

Blessed Sacrament Church. Priest admits to defrauding his church of \$130,000



JOE LOFARO
joe.lofaro@metronews.ca

Father Joe Leclair, a well-liked, but now disgraced Catholic priest formerly at Blessed Sacrament Church in Ottawa pleaded guilty to fraud and theft Monday in front of several supportive parishioners.

Leclair entered the plea on a day that was to be the beginning of a preliminary hearing on charges of fraud, theft, money laundering and breach of trust. The Crown dropped the remaining two charges.

His sentencing hearing continues Tuesday with the Crown and defence making their submissions.

Court heard Leclair defrauded the church at 194 Fourth Ave. of approximately \$130,000 from 2006 to 2011.

After the Archdiocese of Ottawa hired the accounting firm Deloitte and Touche to investigate the church's finances, their investigation revealed that \$1.16 million was deposited in Leclair's personal bank accounts between January 2006 and December 2010, according to an agreed statement of facts which were read in court Monday.

Approximately \$769,000 of those funds were revenues



Father Joe Leclair, centre, is accompanied by his legal counsel Matthew Webber and Kim Hyslop outside the Ottawa courthouse Monday, after the former Blessed Sacrament priest pleaded guilty to fraud and theft. JOE LOFARO/METRO

from his salary, gifts, legitimate stipends, and casino or lottery winnings.

The investigation showed there were \$400,000 in unexplained deposits.

The packed courtroom also heard that over five years only \$13,170 of the \$157,000 in fees collected from marriage preparation courses — which were pegged at \$100 each — were deposited into the church's bank account. Leclair told police in a six-hour interview on July 3, 2012, that he misdirected \$35,000 of those

fees to pay his gambling debts. It's unclear from the agreed statement what happened to the rest of the fees.

Leclair also pocketed some of the funds collected in the church collection basket. "This amount totaled \$16,760.00 over the 5 year time set out in the information between 2006 and 2011," according to the statement of facts.

It also said in January 2011, he wrote a \$5,700 cheque to himself from the parish's account to pay for a personal va-

cation. Ottawa police opened an investigation into the misuse of parish funds in October 2011.

Archbishop of Ottawa Rev. Terrence Prendergast said in a statement Monday issued shortly after the guilty plea that he shares Leclair's desire to "move on and to look to the future."

"Despite this difficult decision affecting Fr. Leclair's life, I know that he is relieved to have this painful moment behind him," read the statement.

Supportive parishioners

Defence witnesses stand by their priest

At Leclair's sentencing hearing Monday, witnesses spoke glowingly about the disgraced priest who they say frequently went out of his way to help those in need, financially and spiritually, and grew the congregation at the Fourth Avenue church by the hundreds.

Leclair's friend, John Hilliard Gerard Murdock, was the first witness, describing the accused as an "amazing" man who didn't shy away from giving money to a needy person who knocked on Leclair's door years ago.

"He was always in demand and never said no," said Murdock. "He didn't think of himself at all."

But when he stepped down from the church after addressing the allegations to the congregation on April 16, 2011, Father Leclair became a different person, the witness testified.

"That killed him," he said. "Like a fish out of water. He's not that open person anymore."

Lisa Fooks, who joined the parish in 1995, noticed the same change in character.

"He's not as relaxed as he had been. It's hard to get him out to public events," she testified.

Joyce Fournier said Leclair's first mass at Blessed Sacrament in 1998 was delivered to a small congregation of about 100. She said his last service was, "standing room only."

Fournier's family was devastated by the death of her first two children and her husband's brain tumor operation, but she told the court Leclair was there for them every step of the way.

"He had the entire community involved to help us up," she said. "I trust him with my life."

In cross-examination, Crown prosecutor Peter Napier relayed Leclair's five-year efforts to steal and defraud Blessed Sacrament to the witnesses and asked them if they had ever suspected their priest of doing any wrongdoing. They all said, "No."

"Knowing all that now, does that change your opinion of Father Joe Leclair?" Napier asked Fournier.

Fournier replied with an unequivocal "No."

JOE LOFARO/METRO

Don't Suffer In Vein!



VARICOSE VEINS
Painful veins on your legs?
Good news: NO Surgery!
Ultrasound-guided Injections treat large varicose veins.

Dr. Lucie Beaupré
Diplomate of the American Board
of Vascular and Lymphatic Medicine

OTTAWA
1335 Carling Avenue
Suite 600
(613) 722-0101

SPIDER VEINS
Spider veins on your legs
or face? Get rid of them
with simple Injections.

GATINEAU
500 Boulevard de L'Hôpital
Suite 102
(819) 561-0561



www.drbeaupreveinclinic.com



A cyclist is seen riding by a Capital BIXI bike-sharing station outside the National Arts Centre in Ottawa. SEAN MCKIBBON/METRO FILE

Capital Bixi rolls along, as Montreal's goes downhill

Bike-sharing service. NCC says it owns local Bixi service and expects Quebec firm will honour contract, despite filing for bankruptcy protection

Montreal's bike-sharing service, Bixi, has gone bust, but Ottawa's is still afloat, as it's independently owned by the National Capital Commission.

Bixi in Montreal has filed for bankruptcy protection, but NCC spokesman Jean Wolf said the service will operate in Ottawa as normal come April 15.

"It is premature to talk about (bankruptcy)," Wolf said when asked what would happen if the Montreal BIXI went belly up completely.

Metro reported in the fall that the NCC was looking for another operator for the Capital Bixi. Wolf said the NCC has received expressions of interest, but would not say how many. He said a new operator is not expected to be named until the end of the 2015 biking season.

Montreal Mayor Denis Coderre said Monday that the Montreal service is still expected to operate this summer.

However, Coderre said the City of Montreal can't lend Bixi any more money.

Montreal has provided \$37 million in loans to Bixi and is covering about \$11 million in loans for the Public Bike System Company, which runs the bike-sharing service and was created by the city.

"It's not the role of the city to replace private enterprise," Coderre told a news conference.

Bixi was developed in Montreal in 2008 and expanded internationally to countries such as the United States and Australia.

Coderre says Bixi has been trying to sell its international operations to raise money, but has been unsuccessful so far.

It also operates in Ottawa and Toronto, but Mayor Rob Ford has said Toronto should get rid of the Bixi program because it loses money.

Bike riders can join Bixi for a yearly fee or pay a casual rate for use. **METRO/WITH FILES FROM THE CANADIAN PRESS**

Royal Canadian Mint worker, 22, suffers first-degree chemical burns to his face

A 22-year-old worker at the Royal Canadian Mint is in stable condition after suffering first-degree chemical burns to his eyes, face, ears and the back of his neck.

Ottawa paramedics got the call to the mint just before 8 a.m. on Monday.

The man was treated at the scene for exposure to

a mix of chemicals, including silver nitrate, and was taken to hospital.

The paramedics say although his wounds are considered mild, burns caused by chemicals can continue to affect the exposed area for several hours after the initial contact.

THE CANADIAN PRESS/CFRA/1310NEWS



The Royal Canadian Mint building in Ottawa. TORSTAR NEWS SERVICE FILE



Renovate with a **VISION!**

JANUARY 24-26
EY Centre, 4899 Uplands Dr.

PRESENTED BY **Ottawa General Contractors**
Your renovation specialist.

FRI. 12 NOON-9PM • SAT. 10AM-6PM • SUN. 10AM-5PM • ADMISSION \$12 • KIDS 17 & UNDER ARE FREE!

www.HOMERENOVATIONSSHOW.COM

Save \$4 PER COUPLE
or \$2 off single admission with this coupon.
Special offers can't be combined.



JAN. 24-26
EY Centre
PRESENTED BY **Ottawa General Contractors**
Your renovation specialist.

OHR14MET21



'Let's build on MLK's spirit': Dream Keepers award winner

Building a tolerant community. Former governor general is among the award recipients

Former governor general Michaëlle Jean said that she didn't feel she had done enough to be awarded the 2014 Dream Keepers award for Lifetime Achievement at city hall on Monday.

Jean was one of three women recognized for the Dream Keepers award handed out every year on the third Monday of January — around Jan. 15, birthday of Martin Luther King, Jr. — to community builders who have worked hard to make Martin Luther King's vision of a racially-tolerant society a priority in Ottawa. Author and Mothers for Peace founder Heyam Qirbi



Dream Keepers award recipients Heyam Qirbi, Michaëlle Jean and Allison Fisher speak to well-wishers at Ottawa City Hall. DENIS ARMSTRONG/FOR METRO

bi and Allison Fisher, executive director of the Wabano Centre for Aboriginal Health

were also recognized for their "Outstanding Leadership." Since stepping down as

the governor general in 2010, Jean has headed the Michaëlle Jean Foundation, a national

charitable organization that works with community arts organizations and govern-

ment to help underserved youth use the arts to change their lives and their communities.

"I'm grateful for this sincere recognition," Jean said in an emotional speech. "But I feel like I need another life when we still have so much more to do."

Jean said today's "bling-bling mentality ... produces people more concerned with the label on their shirt than their neighbour. We need to focus on the civil responsibility and the power of good. Let's build on Martin Luther King's spirit. MLK teaches us that anything is possible as long as the dream keeps burning in our hearts."

Dream Keepers was created by Ottawa native and former diplomat Daniel Stringer after experiencing the racial tensions and social injustices while living in Paris and New York. DENIS ARMSTRONG/FOR METRO

FREE ENGLISH CLASSES



Ottawa Chinese Community Service Centre (OCCSC)

381 Kent Street
Suite 208, Ottawa

For more information, call:
613-235-4875
ext.126/128

Language Instruction for Newcomers to Canada (LINC)

- Part-time with flexible schedules; LINC 1-6
- Several LINC locations: Central, Barrhaven and Kanata
- Small Classes

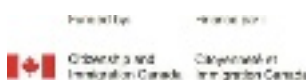
- Free childminding (19 months to 6 years)

ELIGIBILITY:

- Age 18 and older
- Permanent Residents or Convention Refugees
- Ontario Residents

In LINC classes at OCCSC, you will learn about:

- Post-secondary education and employment preparation
- Daily life
- Canadian culture, and many other topics of interest to newcomers



Nine people homeless after fire guts bungalow



Firefighters gather up hoses after battling a blaze at 68 Wigan Dr. DENIS ARMSTRONG/FOR METRO

A family of nine is homeless after a two-alarm fire gutted their home at 68 Wigan Dr., near Meadowlands and Fisher, on Monday.

A kitchen fire began at 1:30 p.m. after cooking oil ignited, quickly spreading in spite of an occupant attempt to put it out.

The single-story, three-bedroom house, was fully engulfed when Ottawa Fire services ar-

rived. It took between 40-50 firefighters about an hour to bring the blaze under control. Three people and one pet at home at the time got out safely.

At one point firefighters had to adopt a defensive strategy because they were concerned the fire might spread to a neighboring home.

Damage is estimated at \$350,000 for building and

\$100,000 for contents. The family, which owned the house, has insurance. An Ottawa Fire Services Investigator was on location to determine the precise cause. On Monday evening fire officials confirmed unattended cooking was the root of the fire and warned residents to never leave a stove on unattended.

DENIS ARMSTRONG/FOR METRO

Noted Canadians supporting Neil Young

Oilsands. Letter from artists, authors, scientists calls for a land where 'laws are not written by powerful oil companies'

More than 20 notable Canadians have penned a letter

to support musician Neil Young following his concert tour to raise money for a First Nation fighting oilsands expansion in northern Alberta.

The group includes creative and performing artists, authors, scientists and a lawyer.

Actor Neve Campbell, Booker-prize-winning author Michael Ondaatje and musi-

First Nations rights

"The time has come for Canada to decide if we want a future where First Nations rights and title are honoured."

Excerpt from the letter released Monday.

Canadian Gord Downie of the Tragically Hip are among those

who signed the letter. It says that Young's tour raised more than \$500,000 to help the Athabasca Chipewyan band pay for a legal attempt to protect its traditional land.

The letter also says that Canada must decide if it wants to protect the environment. Young played Toronto, Winnipeg, Regina and Calgary.

THE CANADIAN PRESS



Actress Neve Campbell, one of 20 who gave support. ANGELA WEISS/GETTY IMAGES

Rosetta spacecraft. Sleeping comet-chaser sends its first signal home: 'Hello world!'

A comet-chasing space probe that has been in hibernation for almost three years has woken up and sent its first signal back to Earth.

The European Space Agency received the all-clear message "Hello World!" from its Rosetta spacecraft some 800 million kilometres away shortly after 7 p.m. Monday (1800 GMT; 1 p.m. EST).

Rosetta was put into hibernation in 2011 to conserve energy for its long journey to meet with comet 67P/Churyumov-Gerasimenko.

If all goes as planned, the probe will rendezvous with the comet in the coming months and drop a lander onto its icy surface in November.

THE ASSOCIATED PRESS



An artist's impression of Rosetta. THE ASSOCIATED PRESS

B.C. Appeal Court

Court considers how far cops can go in a cell search

Police should be required to obtain a search warrant before combing through the texts, emails and other data on a suspect's smartphone after arrest, a defence lawyer told B.C.'s highest court on Monday.

The case, involving a kidnapping nearly eight years ago, is the latest to consider when police should be able to search the information stored on cellphones.

Courts across the country have grappled with the question of when police should be permitted to search the contents of computers or smartphones.

THE CANADIAN PRESS

Fredericton

Man in custody following a machete attack

Four people were injured, including the suspect, following an attack at a Fredericton college involving a machete-style knife, police said Monday.

Cops responding to the attack at Eastern College found three injured victims: two teachers and a student, Fredericton police Chief Leanne Fitch told a news conference.

Fitch said a student had the man subdued on the floor of a hallway when police arrived. The three victims were taken to hospital with non-life-threatening injuries. The suspect also had minor injuries.

THE CANADIAN PRESS

OPEN HOUSE

**WEDNESDAY JANUARY 22
FROM 4:30 TO 7:30 P.M.**

DISCOVER OUR PROGRAMS:

- Canon Law
- Conflict Studies
- Counselling, Psychotherapy and Spirituality
- Group Intervention and Leadership
- Human Relations and Spirituality
- Philosophy
- Public Ethics
- Social Communication
- Theology

4 scholarships valued at \$1,000 will be awarded!

FREE PARKING

ustpaul.ca

223 Main Street, Ottawa ON
613 236-1393 | 1 800 637-6859

Saint Paul University is the founding college of the University of Ottawa (1848), with which it has been academically federated since 1965.

**UNIVERSITÉ
SAINT-PAUL
UNIVERSITY**

Anger, applause for PM at Knesset

Israel. Harper receives standing ovations for speech calling Israel's opponents anti-Semites, as pair of members storm out

Prime Minister Stephen Harper warned Monday of a new age of anti-Semitism, staking new ground in his allegiance to Israel by telling the country's parliamentarians that those who oppose the Jewish state are little more than hateful anti-Semites.

The loathing for Jews that resulted in the "horrors of the death camps" of Nazi Germany was crude and ignorant, Harper said in a historic speech to the Knesset, the first such address before the Israeli parliament by a Canadian prime minister.

"But in much of the western world, the old hatred has been translated into more sophisticated language for use in polite society," he said.

"People who would never



Prime Minister Stephen Harper addresses the Knesset in Jerusalem on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

say they hate and blame the Jews for their own failings or the problems of the world instead declare their hatred of Israel and blame the only Jewish state for the problems of the Middle East."

Harper's speech was greeted by several prolonged standing ovations — and one

dramatic outburst that served to illustrate the tense relations that characterize the Jewish-Arab relationship in the region.

"Israel is an apartheid state," shouted Ahmad Tibi, an Arab-Israeli member of parliament who then stormed out of the Knesset, followed by a col-

league.

The pair angrily strode from the chamber after Harper assailed the "twisted logic" of making such a comparison to South Africa's racist regime.

Throughout his speech, Harper looked back into history, touching not just on the Holocaust but Canada's own

refusal in the 1930s to help Jewish refugees, something he deemed a "terrible mistake."

He spoke of the founding of Israel as a place where people could "seek shelter from the shadow of the worst racist experiment in history."

While criticism of Israeli government policy isn't anti-

Semitic, Harper said, criticism that targets only Israel while ignoring violence and oppression in its neighbours is unacceptable.

"It is, thus, a Canadian tradition to stand for what is principled and just, regardless of whether it is convenient or popular," Harper said. "But, I would argue, support today for the Jewish state of Israel is more than a moral imperative. It is also of strategic importance, also a matter of our own, long-term interests."

Harper said the forces that have threatened Israel "every single day of its existence" threaten all countries, "as 9/11 graphically showed us."

The prime minister said he refused to single out Israel for criticism, saying it is easy to follow the international crowd and focus only on one country — a "go-along-to-get-along" approach he described as both weak and wrong.

But Canada would be quick to welcome a new sovereign Palestinian state if its leaders chose democracy and peace, he added. **THE CANADIAN PRESS**

Do you have psoriasis?



Dr. Michael Robern is conducting a study of an investigational psoriasis medication. Study drug and assessments are provided at no cost, and qualified participants may receive compensation for time and travel.

Connect with your local psoriasis clinic.
Visit ResearchTrials.org,
or call 613-688-0543.



On Sochi's outskirts, the Olympic project is no game

A new \$635-million highway on the outskirts of Sochi stands next to a crumbling apartment block with a red "SOS!" banner on its roof.

The residents of 5A Akatsy St. have lived for years with no running water or sewage system. Construction for the 2014 Winter Games has made their lives more miserable. The new highway has cut them off from the city centre.

The slum is one of the many facets of a hidden dark side in the host city of next month's Winter Olympics, which stands side-by-side with the glittering new construction projects that President Vladimir Putin is touting as a symbol of Russia's transformation to a modern economy.

While state-run TV trains its cameras on luxury malls, sleek stadiums and high-speed train links, thousands of ordinary people in the Sochi area put up with squalor and environmental waste: Villagers living next to an illegal dump filled with Olympic construction waste, families whose homes are sinking into the earth, city



Irina Kharchenko walks away from her house beside the screen separating her yard and a federal highway in the village of Vesolyoye, outside Sochi, Russia, last November. As the Winter Games are getting closer, many Sochi residents are complaining that their living conditions are getting worse, and authorities seem deaf to their grievances. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

dwellers suffering chronic power cuts despite promises to improve electricity.

Putin promoted the Sochi Games, which begin on Feb. 7, as a unique opportunity to bring investment to the Black Sea resort and improve living standards for its 350,000 residents. Look-

ing back at those promises, many residents, weary from years of living in the midst of Russia's biggest construction project in modern history, say they have yet to see any improvement in their lives and point to an array of negative effects.

THE ASSOCIATED PRESS

U.S. to ease economic sanctions on Iran

'An important step forward.' The White House applauds Iran's scale-back of its nuclear program

The United States will begin easing economic sanctions on Iran after it began shutting down its most sensitive nuclear work on Monday, the White House said.

Iran's move was part of a landmark deal struck late last year with the U.S., five other world powers and the European Union to ease concerns over Tehran's nuclear program and provide for the partial removal of some of the economic sanctions that have crippled the Iranian economy. Iran has insisted that its nuclear program was for peaceful purposes only.

The United Nations nuclear agency, the International Atomic Energy Agency, confirmed Monday that higher-level uranium enrichment at a facility in central Iran had stopped, an important step among others that together provided officials with the

evidence needed to conclude that Iran was holding up its end of the agreement.

The White House, which has vowed to prevent Iran from developing nuclear weapons, hailed Iran's actions as "an important step forward."

The European Union announced earlier Monday it was also suspending some of the sanctions it had imposed on Iran.

THE ASSOCIATED PRESS

Syrian peace talks

Iran invitation withdrawn

A last-minute UN invitation for Iran to join this week's Syria peace talks threw the long-awaited Geneva conference into doubt Monday, forcing UN chief Ban Ki-moon to rescind his offer under intense U.S. pressure after the opposition threatened to boycott. The conference is set to begin Wednesday.

C. African Republic

Woman named interim president

Members of a national transitional council chose the female mayor of Central African Republic's capital to lead the country out of chaos Monday, as a top UN official urged the international community to keep the nation from "crossing the tipping-point into an all-out sectarian conflict." At two meetings

in Brussels, international donors pledged a total of \$496 million in humanitarian assistance and European Union foreign ministers took a first step toward potentially deploying hundreds more troops to reinforce French and African peacekeepers to secure the lawless and violent country where nearly 1 million people are displaced. Bangui Mayor Catherine Samba-Panza became the first female leader in the country's history. THE ASSOCIATED PRESS

Pakistan

Suicide bomber hits military city

A Taliban suicide bomber blew himself up near Pakistan's main military headquarters in Rawalpindi on Monday, killing 13 people just a day after the militants killed 26 troops inside an army compound in the northwest of the country, officials said. THE ASSOCIATED PRESS

Warning

Militants could seize power: Iraq

Islamic militants controlling a mainly Sunni area west of Baghdad are so well-armed they could occupy the capital, a top Iraqi official warned Monday, a bleak assessment of the challenge in routing the insurgents, as a new wave of bombings killed at least 31 people. THE ASSOCIATED PRESS

ROGERS™
authorized dealer

BELLEVILLE
324 North Front St.
(613) 969-0120

BROCKVILLE
2399 Parkdale Ave.
(613) 345-3161

CORNWALL
Cornwall Square
(613) 936-2083

GLOUCESTER
Gloucester City Centre
1980 Ogilvie Rd., Unit 136
(613) 842-7285

2016 Ogilvie Rd., Unit 6
(613) 746-4545

KANATA
Hazeldean Mall
(613) 271-1153

Kanata Centrum
Shopping Centre
(613) 599-9690

1261 Main St., Unit 12
(613) 836-0976

700 Eagleson Rd.
(613) 592-5098

499 Terry Fox Dr., Unit 65
(613) 595-1760

KINGSTON
Cataraqui Town Centre
(613) 634-9897

Kingston Centre
(613) 546-6043

122 Princess St.
(613) 549-0315

NEPEAN
130 Rician Ave.
(613) 823-9240

Bayshore Shopping Centre
(613) 726-7665

3777 Strandherd Dr.
(613) 823-6909

ORLEANS
2020 Lanthier Dr., Unit E2
(613) 590-0289

1675 10th Line Rd.
(613) 841-8485

OTTAWA
901 Carling Ave.
(613) 238-7533

104 Bank St.
(613) 230-0202

1465 Merivale Rd.
(613) 224-9222

205 Richmond Rd.
(613) 724-2674

1719 St. Laurent Blvd.
(613) 276-8585

2121 Carling Ave., Unit 67
(613) 798-1546

1200 St. Laurent Blvd.
Unit 248
(613) 746-8546

50 Rideau St., Unit 327C
(613) 232-4800

110 Place D'Orleans Blvd.
Unit 290
(613) 590-2237

2269 Riverside Dr., Unit 44
(613) 737-2071

690 Bank St.
(613) 668-5499

530 Montreal Rd., Unit 526
(613) 745-6800

1379-A Woodroffe Ave.
(613) 225-6007

2515 Bank St., Unit 5
(613) 739-4775

363 Bank St.
(613) 594-4555

PEMBROKE
670 Pembroke St. W.
(613) 732-1602

1100 Pembroke St. E.
Unit 210
(613) 732-1602

3435A Petawawa Blvd.
(613) 732-1492

LIMITED TIME OFFER

IF YOUR RESOLUTION WAS TO **SAVE 50%** YOU'RE OFF TO A GREAT START

SAMSUNG GALAXY NOTE 3 SAMSUNG GALAXY S4 SAMSUNG GALAXY SIII

ADD A LINE TO A **SHARE EVERYTHING™** PLAN AND GET

- **50% OFF ALL THE LATEST SMARTPHONES** ON SELECT 2-YR. PLANS*
- **ONE POOL OF DATA** FOR ALL YOUR FAMILY'S DEVICES
- **UNLIMITED CANADA WIDE CALLING**
- **UNLIMITED MESSAGING**

CALL 1 888 ROGERS1
CLICK ROGERS.COM/SAVE50
VISIT YOUR LOCAL ROGERS STORE TODAY

LIVE LIKE NEVER BEFORE.™ **ROGERS™**

ROGERS™ authorized dealer «WIRELESSWAVE» WIRELESS etc... MOBILE FUTURE SHOP Tboothwireless BEST BUY

*Offer available for a limited time and subject to change without notice. For new and existing Share Everything customers, discount applies to any smartphone purchased and activated on a secondary line on a 2-yr. talk, text and Internet Share Everything plan. A Connection Fee of \$15 per line also applies (to first invoice, applicable to new line/device only) to activate your service on the Rogers network. The following monthly government 9-1-1 fees apply where applicable: 62¢ in Saskatchewan, 40¢ in Québec, 43¢ in Nova Scotia, 53¢ in New Brunswick, 70¢ in Prince Edward Island and 44¢ in Alberta (effective April 1, 2014). However, there is no airtime charge for calls made to 9-1-1 from your Rogers wireless device. Where applicable, additional airtime, data, long distance, roaming, options and taxes are extra and billed monthly (not discounted). Device Saving Recovery Fees and/or Service Deactivation Fee (as applicable) apply in accordance with your service agreement. TM ©2014 Rogers Communications.



Flood hits French Riviera

Motorboats lie wrecked in the port of La Londe Les Maures, near Toulon, southern France, Monday, after unusually heavy rains flooded the French Riviera, leaving two people dead and some thousands without electricity or access to roads. CLAUDE PARIS/THE ASSOCIATED PRESS

Market Minute



DOLLAR
91.32¢
(+0.21¢)

Nasdaq and Dow Jones closed for Martin Luther King Jr. Day.



TSX
13,990.29
(+102.08)

Private firms

14 companies bid to destroy Syrian chemicals

The Organization for the Prohibition of Chemical Weapons says 14 companies have entered bids to destroy chemicals removed from Syria. **THE ASSOCIATED PRESS**

Regional routes

WestJet Encore to take off this June

WestJet Airlines unveiled Monday details for the eastern expansion of its regional WestJet Encore service this summer.

The Calgary-based airline said WestJet Encore will start June 27, with routes between

Toronto and Thunder Bay, Ont., and between Thunder Bay and Winnipeg.

The airline has been growing its regional service since last June from its base in Western Canada. WestJet did not say what additional routes will be added, but it expects that about half of its four to six per cent capacity growth in 2014 will come from Encore. **THE CANADIAN PRESS**

Cross-border shoppers

Target card breach may hit Canadians

Target is warning Canadians that a security breach may have led to their personal info being stolen. Shoppers who went to U.S. Target stores between Nov. 27 and Dec. 15 were affected.

THE CANADIAN PRESS

With this (insured) ring I thee wed

For better, for worse.

With the cost of tying the knot soaring, couples are committing to insurance for their big day

Worried about the bride getting cold feet? There's an insurance policy for that.

With the cost of the average American wedding reaching about \$26,000 US, insurers have been selling a growing number of policies to protect against losses from extreme weather, illness and, in one firm's case, even a sudden change of heart.

Cheryl Winter spent \$500 US for Hartford-based Travelers Cos. Inc. to cover her daughter's \$50,000 US destination wedding last October in New Orleans, where

her biggest concern was a potential hurricane. The weather co-operated, but the limousine never showed up. Her daughter took a taxi to the church, and they used the insurance policy to claim the deposit money they couldn't get back from the limo driver.

The insurance is offered by a small number of U.S. companies. Insurers declined to provide data on the number of customers beyond saying they are growing steadily. It can cover losses from issues ranging from bankrupt wedding halls to cancellations forced by unexpected military deployments. Travelers says issues with vendors account for about a quarter of the claims, with most of those related to issues with photographers or videographers.

THE ASSOCIATED PRESS



Credit card execs apologize for data theft in South Korea

The heads of three major South Korean credit card firms, from left, NH Nonghyup Card head Sohn Kyung-ik, Lotte Card CEO Park Sang-hoon and KB Kookmin Card CEO Shim Jae-oh, bow to offer a public apology during a news conference in Seoul on Monday. The firms were the victims of a massive theft of personal data linked to 80 million cards, including salaries, monthly card usage, credit rating and card numbers. Cardholders are flocking to bank branches and overloading call centres and service websites to find out whether their information was stolen. **KIM JU-SUNG/YONHAP/THE ASSOCIATED PRESS**

You love your cat... but not the allergy

Cat allergy symptoms such as **itchy and watery eyes, sneezing and stuffy nose** can make you feel miserable. If you have tried different treatments with little or no relief, there may be another option for you.

Local doctors are conducting a research study of an investigational treatment to see if it helps reduce the symptoms associated with cat allergy. If you are between the ages of 12 and 65 and have experienced cat allergy symptoms for at least two years you may qualify.

Qualified participants will receive all study related exams and study medication at no cost. Compensation for time and travel may be available.

For more information, please call
613-599-5700 ext. 23
or email kanataallergy@gmail.com

CATALYST
The cat allergy study
www.thecatallergystudy.com

Insured losses hit \$3.2B in 2013

Ice, floods and thunderstorms made 2013 the worst year ever for severe weather insurance losses in Canada.

The Insurance Bureau of Canada says the December ice storms in southern Ontario and Atlantic Canada caused more than \$200 million in insured losses, pushing total severe-weather

payouts to policyholders last year to \$3.2 billion.

"In 2013, the terrible effects of the new weather extremes hit Canadians hard," CEO Don Forgeron said Monday in a release.

"From the Alberta floods last summer to the ice storms in Ontario and Atlantic Canada over the holi-

days, frankly, bad weather hit insurers hard too."

The insurance bureau said the largest disaster was flooding that soaked southern Alberta after torrential rains in June.

That caused more than \$1.74 billion in insured damage.

THE CANADIAN PRESS

'Charge rage' jolts Silicon Valley

An increasing number of electric-vehicle driving employees at Silicon Valley companies are finding it hard to access car-charging stations at work, creating incidents of "charge rage" among drivers.

Installation of electric vehicle charging ports at

some companies has not kept pace with soaring demand, creating thorny etiquette issues in the workplace, the San Jose Mercury News reported.

Peter Graf, chief sustainability officer for German software company SAP, says the company's 16 charging

stations are now not nearly enough for the 61 employees who drive electric vehicles.

Graf says cars are getting unplugged while charging, creating animosity between employees. A recharge can take as little as 30 minutes.

THE ASSOCIATED PRESS

TICK-TOCK, DRINK COFFEE ON THE CLOCK

In the dark depths of winter, it can be a challenge to convince myself to leave the house, but nothing will force me out the front door in freezing temperatures like the need for caffeine.

Back in the 1980s, Starbucks president and CEO Howard Schultz envisioned the urban coffeehouse as a kind of “third place” between work and home, a space for individuals to come together to engage in conversation and develop a sense of community. Twenty years and 20,000 plus stores later, most Starbucks locations have been colonized by armies of laptop-wielding students and freelancers who treat these cafés as their own personal work-spaces, spreading out over multiple tables and taking advantage of the free Wi-Fi for hours at a time.

And it's not just coffee shop patrons who tend to overstay their welcome. Managers at a McDonald's in Flushing, N.Y., are at a standoff with a group of elderly customers who have been parking themselves in the seating area for long periods of time and refusing to leave. While most fast



SHE SAYS
Jessica Napier
metronews.ca

food restaurants try to enforce a standard 20-minute time limit, these defiant customers have been camping out on a daily basis from early in the morning until late at night while nursing only a cup of coffee or splitting a small order of french fries amongst themselves. Not only is this bad manners, it's also bad for business. The lack of available seating for new paying customers has prompted the staff to call the local police to help eject the group, but these rebellious elders keep coming back.

In any city there is a definite need for public gathering spaces, but private companies shouldn't be obligated to provide this type of service. So while it is nice for

these seniors to be able to come together and socialize in a warm, well-lit environment, there also seems to be a gross sense of entitlement on display from these colonizing customers who insist on lingering all day long without paying their fair share. Some people might criticize McDonald's for kicking them out into the cold, but even monolithic corporations have a right to manage their locations in a

profitable way.

In Europe, one particularly unique café seems to have solved the problem of loitering clients by entirely rethinking the concept of time limits. At Ziferblat, a Russian chain which opened its first U.K. outpost in London, England, earlier this month, guests don't pay per beverage, rather they're charged about five cents for every minute they spend inside the establishment.

Named after the Russian word for clock face, Ziferblat offers a unique kind of community space where clients are treated more like micro-tenants than customers. Visitors are welcome to use the kitchen facilities, provided they clean up after themselves, and enjoy complimentary tea, coffee and snack foods. In fact, everything is free except for the time you spend there.

Two years after launching their first outpost in Russia, the founders of Ziferblat stress that the café is more of a social project than a business model. But this pay-per-minute concept might just be the right approach when it comes to combating those free-loading regulars.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Tiger friends — they're grrrreat



Man and big cat make best buds

Mulan Jamilah, a six-year-old Bengal tiger and Abdullah Sholeh, 33, play in the garden beside their home on Monday in Malang, Indonesia.

Abdullah is an Islamic student who has become a best friend and a full-time nanny to the tiger. Mulan's owner, Noer Muhammad Sholeh, 51, asked Abdullah to take care of the tiger when it was a three-month-old cub.

Abdullah regularly sleeps, plays and fights with the huge tiger. The pair are so inseparable, he often opts out of sleeping in his own bed to sleep alongside the big cat in her enclosure.

GETTY IMAGES

No friend too big or small

178 kg

Mulan now weighs 178 kilograms, is three-metres long including the tail and one-metre high. For security reasons, they have had to install metal bars to separate them when they are together in the enclosure. Mulan is fed six kilograms of chicken or goat meat twice a day.

ROBERTUS PUDIYANTO/GETTY IMAGES

Clickbait



LUKE SIMCOE
Metro Online

Whether it was Facebook's ever-changing settings, Google's willingness to put your profile pic next to an ad somewhere, or leaked documents suggesting the U.S. government is spying on pretty much everyone, 2013 was the year where privacy concerns went mainstream. There's plenty of reasons to care about privacy, even if you've got nothing to hide. So let's make a belated New Year's resolution to take back control over our own data. Here are some web browser extensions to help clean up your trail of online bread crumbs:

AdBlock Plus:

I honestly don't remember what the Internet looked like before I installed AdBlock Plus. In addition to blocking pesky banner ads and pop-ups, this extension also disables third-party tracking cookies and scripts.

Disconnect:

This app works on almost any web browser (even Internet Explorer!) to block third-party tracking cookies and other website scripts. Disconnect also protects you from tracking by social media sites like Facebook and Twitter, which follow you around the web collecting your browsing data for their coffers.

HTTPS Everywhere:

Considered a must-have by security experts, this extension shunts you to a more secure connection on any website that offers it. It's a very easy way to make your browsing more private without lifting a finger.

Twitter

@metropicks asked: At @ziferblat-london visitors are welcome to tea, coffee but pay 5¢ a minute for the stay. Would this work in your city?

@Canucklehead_ca: At the rate I consume coffee this would actually be a pretty sweet deal.



@ctmwyn: I kind of wish there'd be hotels with the same pricing scheme as @ziferblatlondon #PayAsYouGo #ByTheMinute

@theReal_KPHILL: not a car wash, Going out for Coffee I wanna relax, chat, check my phone, don't wanna feel rushed

WE WANT TO HEAR FROM YOU:

Send us your comments: ottawaletters@metronews.ca

DVD review



Captain Phillips

Director. Paul Greengrass

Stars. Tom Hanks

• • • • •

The high-seas survival drama Captain Phillips raises the pulse and tweaks the conscience. Directed by Paul Greengrass, who makes smart thrillers, and starring Tom Hanks in his best role in years, this isn't simply a tale of heroism and adventure. There is anxiety on both sides of the gun. We certainly cheer on Hanks as real-life seafarer Capt. Richard Phillips. In the spring of 2009, Phillips faced almost certain death after his cargo ship and crew of 20 were hijacked off the coast of Somalia by four armed men who demanded millions of dollars in ransom. We are also asked to consider the desperation of the four pirates. The well-rounded script by Billy Ray (The Hunger Games, Shattered Glass), based on Phillips' own account, shows how the hijackers are driven by extreme poverty and also by the warlord's bullets that await them back home. Hanks dials down his usual ebullience to radiate quiet determination as Phillips. This film leaves you not singing God Bless America, but rather pondering a dysfunctional world where hollow-eyed men of skin and bones feel compelled to take on a superpower.

PETER HOWELL

Fallon owns the night

From Jay to Jimmy.

Late Night host gears up to take the Tonight seat from Leno, but will his style stay the same?

Jimmy Fallon's Tonight show, which debuts next month with actor Will Smith and U2 as guests, will look familiar to people who appreciate his current work in the time slot following Jay Leno.

Fallon said he doesn't expect to change his brand of comedy to tailor himself to an earlier time slot. Fallon and his successor at Late Night, Seth Meyers, met with reporters Sunday as NBC begins the delicate process of a late-night transition.

"This show has completely changed from when I first started," Fallon said of Late Night, which he has hosted for five years. "I feel like we've blossomed into what will become the new Tonight show."

He rejected the idea of changes to make himself more appealing to an older, middle American audience that likes Leno. It's a delicate subject at NBC, where executives believe Conan O'Brien's limited appeal doomed their first effort to replace Leno. The executives anticipate Fallon's light-hearted comedy translating better.

Leno closes his two-decade run on Tonight Feb. 6 with Billy Crystal and Garth Brooks as guests. On Feb. 17, Fallon debuts a week's worth of shows at midnight following NBC's coverage of the Winter Olympics. He moves into his regular time slot a week later, followed by Meyers, who has Saturday Night Live chum Amy Poehler booked as his first guest.

NBC's entertainment president, Robert Greenblatt,



Jay Leno, left, and Jimmy Fallon pose backstage at the Golden Globe Awards in this Jan. 2013 file photo. Leno is set to wrap up his 22-year run as host of The Tonight Show, and Fallon — who has hosted Late Night since 2009 — will take over the gig. THE ASSOCIATED PRESS FILE

said he'd like to keep Leno at NBC, perhaps to host regular specials. Fallon said he's not worrying about whether Leno leaves NBC and decides to keep working in late-night TV elsewhere.

Fallon said he called Leno when he got the Late Night job to reassure him he wasn't gunning for Leno's gig. He said they have spoken regularly, and he's taken some of Leno's advice, most prominently to make his nightly monologues longer.

"He's a good guy," Fallon said.

Fallon's Tonight show "should be goofy and fun and make everybody laugh. That's our job," he said. He said he appreciates showing different sides of celebrities by getting them involved in skits or games, like when Tom Cruise cracked two raw eggs on his head. Fallon's musical skits are

Quoted

"I feel like we've blossomed into what will become the new Tonight show."

Jimmy Fallon on the style of his Late Night show

among his most memorable. He said he alerted New Jersey Gov. Chris Christie's office ahead of time about his recent duet with Bruce Springsteen that spoofs Christie's traffic jam scandal.

Although Fallon is moving Tonight to New York from the West Coast, he said he will take the show on the road, including to Los Angeles, for a couple of weeks a year.

Some critics have noted that the formal title of the show is changing from the Tonight

Show With Jay Leno to the Tonight Show Starring Jimmy Fallon. Fallon said it was an homage to the show's roots.

Meyers said the legacy of Late Night is that hosts get to do weird things and that people have a little more patience with it.

But he seems very much the traditionalist. The current head writer of Saturday Night Live values writing, and he's brought the author of his SNL Weekend Update segments over to lead his own writing team. Meyers said he's looking to build a stable of writer-performers and that a strong monologue will be key to his show. "If you get too hung up on the legacy of what you're getting into, it gets in the way of the work," Meyers said. "Our goal is to be as funny as we can and get better every night."

THE ASSOCIATED PRESS

Hader, Wiig take dramatic turn at Sundance

The trailer for The Skeleton Twins will likely sell it as a comedy when this freshly minted Sundance 2014 hit heads to theatres later this year.

That's how these things go, and the movie does star two of the funniest people going: Kristen Wiig and Bill Hader, former partners in mirth on TV's Saturday Night Live. They play squabbling twin siblings Maggie and Milo, estranged for 10 years through family dysfunction and life interruptions, who are suddenly brought together again.

It's very funny, especially in the most-talked-about scene since the film had its world premiere Saturday to audience and critical raves. It's the one where an angry Maggie struggles to keep from smiling and joining in when Milo starts lip-synching and dancing to Nothing's Gonna Stop Us Now, a cheeseball 1987 life-affirming pop hit by Starship.

But what really makes this film, which Craig Johnson directed and co-wrote (with Mark Heyman), is the true-to-life drama it seamlessly folds

into the narrative.

When we first meet Maggie and Milo, they're on opposite coasts — he's in L.A., she's in upstate New York — yet they're joined in the desperate acts of suicide attempts. It's a grim coincidence (or is it?) and it's not spoiling anything to say their failed exit bids brings them together under one roof, where they have to deal with serious issues related to their broken childhood, chronic depression and bad life choices.

Wiig and Hader have long been known for their comedy,



Bill Hader and Kristen Wiig in The Skeleton Twins. CONTRIBUTED

and they previously teamed on the big screen for the comic coming-of-age Adventureland, which premiered at Sundance 2009. With The Skeleton Twins,

Wiig and Hader show they have impressive dramatic chops, while still keeping us smiling. Nothing's gonna stop them now. TORSTAR NEWS SERVICE

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Tumblr got a taste of Blue Ivy's White House visit over the weekend.
TUMBLR: I.AM.BEYONCE.COM

Of pop stars, politicians, puppies and a pint-sized princess

MELINDA TAUB
Metro World News

The great thing about two-year-olds is that glamour doesn't exist for them. Sure, it's great for a baby if her parents are huge pop stars who hobnob at the White House, but the number one item on her agenda is still "Doggy doggy doggy doggy."

Beyoncé visited said White House this past weekend to perform for Michelle Obama's 50th

birthday, and she brought husband Jay Z and their daughter Blue Ivy along for the ride. Blue, clad in cat ears and an adorable white tulle gown that I would have murdered for when I was little, got to check out the White House Christmas tree and watch her mom perform, according to the sweet photos posted on her mama's Tumblr.

But could any of that compare to the sublime fuzziness of the Obama's Portuguese water dog, Bo? Beyoncé posted several blurry but adorable snaps on Tumblr of Bo and Blue making friends.

Maybe, instead of renting out a zoo and buying her a miniature Porsche for her second birthday last week, Jay and B should have gotten Blue a puppy.

Michael C. Hall won't slash the idea of recreating his killer role

Possible bad news for Oregon loggers: Michael C. Hall won't rule out a return to playing Dexter. But he'd want to see the finish line.

Hall, promoting his movie *Cold* in July at the Sundance Film Festival, said in an interview over the weekend that he agreed with Showtime executives who recently declared that any potential spin-off series would have to include Hall.

"Masuka! I would watch that," he joked, referring to the show's humorous forensics specialist Vince Masuka, played by C.S. Lee. More seriously, Hall said of a possible spin-off series, "I can't even wrap my mind around that. And it's all just theoretical until there is some sort of script reflecting somebody's idea of where it could possibly go. But it's hard for me to imagine what that would be."

Hall, 42, also won't rule out a return to TV more generally.



Michael C. Hall GETTY IMAGES

"Yeah, as far as playing Dexter again for an undefined amount of time, that's a little daunting to consider. But doing another television series ... There's a lot of amazing stuff on TV. I don't want to do that right away. But I wouldn't say never to that."

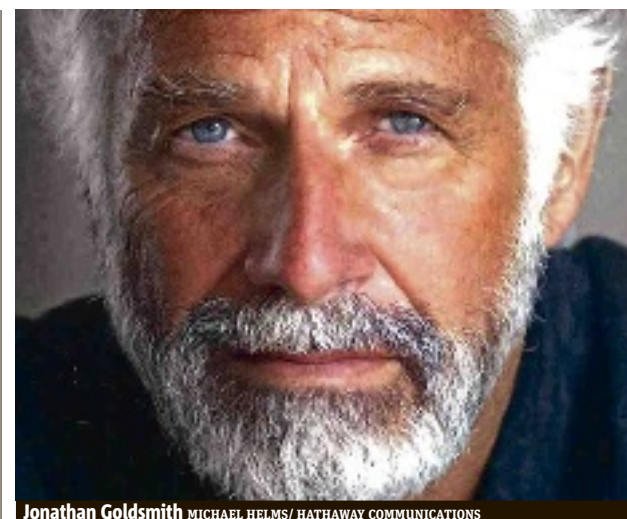
THE ASSOCIATED PRESS

Barrymore isn't keen on her kin baring it all as an adult



Drew Barrymore GETTY IMAGES

Drew Barrymore's daughter, Olive, is only 15 months old, but mom is already setting down some ground rules. "I would not let her" pose for Playboy, Barrymore tells ABC News. Barrymore did a spread for the magazine when she was 19. "I don't think I would. I would influence her not to, because my life choices aren't supposed to be the gateway to somebody else's. That's my journey." METRO



Jonathan Goldsmith MICHAEL HELMS/HATHAWAY COMMUNICATIONS

He doesn't often show his soft side, but when he does, it's for the dogs

The most interesting man in the world is helping a Vermont-based company raise money to fight cancer in dogs.

Jonathan Goldsmith is a Manchester resident made famous by his role in the Dos Equis beer commercials. But he's also a dog lover hoping to raise funds for the Denver-based Morris Animal Foundation, which promotes veteri-

nary research for companion animals, horses and wildlife.

Goldsmith made an online commercial with his Anatolian shepherd Willy as part of a campaign by the Manchester-based Orvis Co., which is known for its outdoor apparel but also has a dog catalogue. He says he lost a dog to cancer and is glad to support a good cause. THE ASSOCIATED PRESS

ZAC EFRON MILES TELLER MICHAEL B. JORDAN

THAT AWKWARD MOMENT

WHEN YOU REALIZE GETTING SOME MEANS WANTING MORE

JustGetHorizontal.com
JANUARY 31

QED VVS

f /VVSFILMS VVS_FILMS #AwkwardMomentMovie

You could **WIN** a screening pass to see

THAT AWKWARD MOMENT

IN THEATRES JANUARY 31

Visit clubmetro.com to enter

VISIT **club metro .com** TO ENTER

No purchase necessary. Terms & conditions apply. For full contest details and conditions, visit clubmetro.com

5 steps for a healthier you

It's not as hard as you think. Sometimes it's as easy as getting out for a walk and drinking more water

Committing to living a healthier lifestyle doesn't have to mean major dietary restrictions and rigorous workouts.

Kristy Del Coro, a registered dietitian and nutritionist in New York City, offers five easy tips in getting healthy.

Eat breakfast

Eating a healthy breakfast sets the tone for the day. Most studies show skipping breakfast to "save your calories" does just the opposite, causing people to consume more calories later in the day.

Your best bet? Start with lean protein, complex carbohydrates and some healthy fat to give you energy and keep you satisfied until your next meal. Some good go-to combinations are whole grain toast with all-natural nut butter (peanut, almond, walnut); steel-cut oatmeal topped with berries and unsalted nuts; low-fat Greek plain yogurt with fresh fruit; or, if you have a little extra time in the morning, an omelet made with one egg and two or three egg whites, easy-to-cook veggies like spinach and mushrooms.

Get up and get out

One of the first things you can do for your health is to move more. Small changes like getting off the subway a stop early, taking the stairs at work or carving out 10 minutes on your lunch break to go for a walk really make a difference.

Hydrate, hydrate, hydrate!
An easy first step in feeling



Dietician Kristy Del Coro says eating a healthy breakfast, such as low-fat plain Greek yogurt and fruit, will set the tone for the entire day. ISTOCK

healthy is to rehydrate. This means taking a hiatus from sugary drinks and alcoholic beverages, and loading up on caffeine-free, sugar-free fluids. Any variation of water will do — seltzer, mineral or tap. To keep a little excitement in your beverage, I suggest adding some slices of fresh citrus (grapefruit, orange, lemon or lime) or even fresh mint for natural sweetness.

Curb your sweet tooth

One of your priorities in starting fresh is to swap out those nutrient-poor simple carbohydrates with nutrient-dense complex carbohydrates like fruits and vegetables, whole

grains and legumes.

If you've really developed a sweet tooth (craving sweets after every meal), you may need to go cold turkey to help get on track. Before you know it, the cravings will subside and you can go back to enjoying sweet treats every once in a while as part of a balanced diet.

Set yourself up for success

To ensure success, it is a good idea to plan ahead. Think of at least one new positive step you can take per week that you know you can achieve. Whether it's focusing on exercise, curbing your sweet tooth or eating more balanced

meals, it may pay off more in the long run to just start with one instead of trying to achieve everything at once.

Whatever you choose, create an environment conducive to achieving that goal.

This may mean signing up for a fun exercise class at the gym with a friend, getting rid of any tempting sweets in the house, or stocking your fridge full of colourful fruits and vegetables that inspire you to cook healthy delicious meals at home.

For many people, selecting one area to focus on at a time is less overwhelming and often more realistic.

METRO

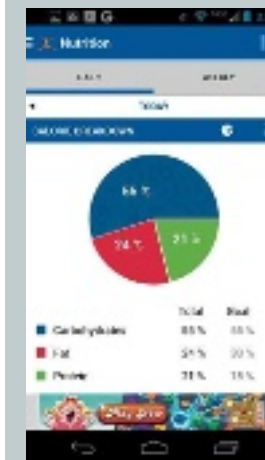
Review

Visualize your goals with a calorie tracker



MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Calorie Counter by MyFitnessPal iPhone/iPad/Android Free
Find nutritional information for everything you eat with this barcode-scanning calorie tracker that visualizes your progress with helpful charts while keeping your goals in view through reminders and informed feedback.



Half-Off

Elisha is now two weeks into her plan to lose 10 pounds in six weeks. Will her fear of working out in public help or hinder her plans? Visit metronews.ca/voices/half-off to find out.

**CENTRE DENTAIRE
RIDEAU
DENTAL CENTRE**

613-230-7475
2nd Level
Rideau Centre

**STRESS FREE AND
CARING DENTISTRY
NOW ACCEPTING
NEW PATIENTS**

Aesthetic, Implant & Family Dentistry Since 1983
Check out our weekly blog at www.rideaudental.ca
This week:
Are you always tired?

GET CAREER READY IN LESS THAN ONE YEAR!

CLASSES STARTING MONTHLY
DIPLOMA PROGRAMS IN:
BUSINESS
Accounting and Payroll Administrator
Legal Assistant - NEW PROGRAM
Paralegal
Travel Counsellor Online

ALGONQUIN CAREERS ACADEMY
1830 Bank Street 613-722-7811 www.algonquinacademy.com

You're just five steps and one pan away from McIntosh Pork Chops

Health Solutions

An apple a day... well, you know the rest



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

How do you like them apples?

Some are good to cook, others are best eaten out of hand, but the true Canadian Mac can do both.

McIntosh are great cold-weather fruit that have all the health benefits including vitamin C and high amounts of the gelatinous pectin that helps remove cholesterol from your system.

Have you thought of trying them like this?

- Braised in apple juice as a simple dessert.

- Used in cooking, particularly with pork.

- Cored and stuffed with oats, butter and cinnamon.

- Dipped in stout beer and served with nuts for cocktail hour.

Some apples turn to mush when baked but the Mac holds its shape and lends its tart sweetness graciously.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



PREP
20 MINUTES

This recipe serves two. COURTESY THERESA ALBERT

THERESA ALBERT
myfriendinfood.com

Something about sweet-tart Macs goes perfectly with pork chops and this recipe takes very few steps of prep then cooks itself in one pan.

1. Cut onion in half and into slices. Brown in oil for 2-3 minutes in a large, heavy skillet with a lid. Set aside.

FLASH FOOD



From your fridge to your table in 30 minutes or less

2. Slice apples and set aside on a plate with the onions.

3. Brown chops over high heat one at a time and place with apples.

4. Pour wine into pan and stir in apple butter and thyme.

5. Add chops back with apples and onions, and cover. Turn down to medium and simmer 10-15 minutes until cooked through. Serve with mashed sweet potatoes.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 1 onion
- 1 tsp grapeseed oil or other
- 2 McIntosh apples
- 1 lb pork chops, 2-3 thin chops
- 1 cup white wine or apple juice
- 2 tbsp apple butter or marmalade
- 2 tsp thyme
- salt and pepper, to taste

Grapes and mustard sauce dress up chops

Ingredients

- 4 1/2-inch-thick boneless pork chops, trimmed of any fat
- Kosher salt and black pepper
- Blending flour, for dredging
- 1 1/2 tbsp vegetable oil
- 1/4 cup finely chopped onion
- 1 cup seedless grapes, halved
- 1/4 cup dry white wine
- 3/4 cup low-sodium broth
- 1/2 tsp dark brown sugar
- 1 tbsp Dijon mustard

1. Season pork chops on both sides with salt and pepper. One at a time, dip chops in flour, coating well on both sides, but shaking off excess.

2. In skillet over medium-high, heat 1 tablespoon of oil. Add chops to pan and cook until lightly browned on first side, 2 minutes. Add remaining oil to skillet, turn chops and cook for 1 minute on second side. Transfer them to a plate and cover loosely with foil.

3. Add onion and grapes to skillet, reduce heat to medium-low and cook, stirring often, until onions are golden brown, about 3 to 4 minutes. Increase heat to high, add wine and bring to a boil. Simmer, stirring, until the wine is reduced to 1 tablespoon. Add veg or chicken broth and sugar and simmer until broth is reduced by half.

4. Reduce the heat to medium-low, return the pork

to the skillet, along with any juices that have accumulated on the plate and simmer very gently, turning the pork several times, for 1 minute. Transfer each pork chop to a serving plate. Add the mustard to the sauce, whisking, then season with salt and pepper. Pour the sauce evenly over each portion and serve right away.

THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.



This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

TRY THESE HEALTHY TIPS FOR TRAVELLERS

AVAILABLE AT RAINBOW FOODS

If snow, freezing rain, and bitter winter temperatures have you planning a trip to sunnier climates, protect yourself by taking some natural first aid items along with you.

Anxious travellers can settle nerves with Bach Rescue Remedy or Calms Forte. And if jet lag and insomnia cause you problems,

try Natural Factors' Sublingual Melatonin or Jet Lag by Homeocan.

To ward off colds while you are on vacation, Prairie Naturals Citrus Soother is a hot lemon, honey and ginger drink with echinacea, elderberry and vitamins C and D. Natural Factors' Quick Blast capsules with eucalyptus, peppermint, lemon and echinacea soothe a dry throat and clear your sinuses. NutriBiotic grapefruit seed extract is handy to take along as an antiviral, antibacterial and antifungal remedy,

along with oil of oregano.

Taking probiotics for a couple of weeks before you leave can help build up a healthy intestinal tract, but if stomach upsets take hold, probiotics that do not need refrigeration, such as Bio-K's Travel or Sisu's Bon Voyage, can help.

Finally, enjoy the sun and beach with plenty of natural sunscreens. And if you tend to partake in too many free margaritas, try Himalaya's PartySmart for a better morning after.



CONTRIBUTED



ALINUTE SILZEVICIUTE/COLOURBOX

KEEP YOUR VIM AND VIGOUR THIS WINTER WITH A FLU SHOT AND HEALTHY CHOICES

Many Ottawans find staying healthy a challenge during the winter. Keep your vim and vigour by following these tips.

Get a flu shot. With a nasty variant of the H1 virus causing havoc in Western Canada, it's only a matter of time before it finds its way to the National Capital Region.

"There is simply no replacement for a

flu shot," says Dr. Manil Arora. "It's the best way to fight off the infections you're most likely to encounter."

Arora and her team administer flu shots to walk-in patients at A1 Medical Clinic in Merivale Mall (613-228-2020). Two other family doctors at the clinic are accepting new patients.

Drink lots of healthy fluids. Drinking

six to eight glasses of water and herbal tea every day will keep your body in top form.

Don't scrimp on sleep. The best way to refuel after a stressful day is to get a good night's sleep.

Load up on fruits and vegetables. Your mom was right — they are good for you.

Exercise regularly. Hit the gym or yoga studio, or better yet, get outdoors — play shinny, skate the canal or cross-country ski. Sunshine and fresh air do wonders for your health.

Walk-In Clinic ACCEPTING NEW PATIENTS



OPEN 6 DAYS A WEEK!

MEDICAL SERVICES FOR PATIENTS OF ALL AGES

BY APPOINTMENT, ALSO AVAILABLE
Monday to Saturday 9:00am - 5:00pm • Sunday CLOSED

1642 Merivale Road at Viewmount (inside Merivale Mall)

613-228-2020



Take these natural travel companions along with you!

			
Badger Sunscreens For the whole family \$19.99 - \$21.99 87ml - 118ml	SISU Bon Voyage Shelf-stable Probiotics \$11.99 30 veg caps	Homeocan Jet Lag Help relieve fatigue, lethargy, insomnia \$8.99 4g	PartySmart Herbal Supplement For a better morning after \$2.99 1 capsule


rainbow foods
The Healthy Choice. For You. For Life.

For specials, flyers and events,
visit rainbowfoods.ca

1487 Richmond Road • 613-726-9200
M-F 8am-8pm; S-S 9am-7pm



BECOME A DENTAL ASSISTANT AT EVEREST COLLEGE

After completing one of the dental assistant programs at Everest College — the dental office and chairside assistant program or the intra-oral (Level II) dental assistant program — graduates have a number of career options available in addition to working in traditional dental offices. Many choose to work in hospitals, laboratories, supply manufacturers and public health departments.

Graduates of Everest's dental assistant programs may also choose to work for dental practices that specialize in an area of dentistry, such as: Endodontics — treating diseases of dental pulp and nerve; periodontics — treating diseases of gums and structure surrounding teeth; orthodontics — preventing or correcting teeth irregularities;



CONTRIBUTED

prosthodontics — designing, manufacturing and fitting artificial replacements for teeth; pedodontics — caring for children's teeth; and oral maxillofacial surgery — treating diseases, injuries and defects in the head, neck, face, jaws and mouth

The programs are comprehensive, and students acquire knowledge in clinical and administrative procedures, as well as hands-on experience in a clinical setting using major equipment, such as amalgamators, dental units and chairs, oral evacuation equipment, oxygen tanks, personal computers, ultrasonic units, and X-ray units.

Everest College offers dental assistant programs at the Ottawa East campus. For more about Everest College, call 1-866-769-6041, or visit TrainAtEverest.ca.

Everest College is an accredited member of ACICS.

ENJOY THE FREEDOM OF ELECTROLYSIS WITH CARESS

Embarrassed by unwanted hair? Caress Electrolysis has the solution for you.

Although electrolysis has been around for many years, its success is largely due to the skill and knowledge of the electrologist. Caress consistently delivers excellent results thanks to a team of certified electrologists working with state-of-the-art equipment.

Caress provides complete confidentiality and treats every client, regardless of gender, ethnic background or lifestyle, with the courtesy, compassion, respect and professionalism they deserve.

Two of the most common misconceptions about electrolysis are that it's expensive and painful. The fact that electrolysis is the only permanent method of hair removal makes it much less expensive and more convenient than temporary methods. And while there is some sensation — as there is with techniques such as waxing, tweezing, threading and laser hair removal — most clients are pleasantly surprised by how comfortable the procedure is and wish that they had started electrolysis sooner.



CONTRIBUTED

New clients are encouraged to book a free consultation and sample treatment so they can experience electrolysis for themselves. Caress recognizes that an informed consumer is likely to become a satisfied and loyal client who recommends electrolysis to friends and family.

Caress Electrolysis is located at 35 Larkin Dr. (off Greenbank). For more information, visit CaressElectrolysis.com or call 613-825-2299 to book a complimentary, no-obligation consultation.

CARESS
ELECTROLYSIS
Permanent Hair Removal

Electrolysis
for soft, smooth, hair-free skin

FREE
Consultation & Sample Treatment

Why continue to shave, wax or tweeze
when you can have a **permanent** solution?

35 Larkin at Greenbank | 613-825-2299 | CaressElectrolysis.com

**CAREER
TRAINING
WORTH
MANY
SMILES!**

**DENTAL OFFICE
AND CHAIRSIDE
ASSISTANT**

CALL NOW FOR MORE INFORMATION!
1-866-475-3192
Apply online at www.EverestCanHelp.ca

Everest
COLLEGE
BUSINESS • TECHNOLOGY • HEALTH CARE

OTTAWA EAST • OTTAWA WEST
14 Convenient Locations in Ontario

Everest College is the largest private career college in Ontario with more than 9,000 enrolments last year.

Flexible class schedules. Hands-on training in small work teams. Courses are taught by instructors with real-world experience. Financial assistance may be available for those who qualify. Career services assistance available to graduates. Accredited by the Accrediting Council for Independent Colleges and Schools.

Money 101. Two couples, one year to make them richer

Keeping up with the Jones' in 2014

Do you ever wonder what the Jones' are actually doing with their money? If so, you will finally get a peek inside their bank account. For the next 12 months, I will be following the financial decisions of two Canadian couples. By uncovering each couple's money realities, and offering practical advice, we will map out a plan to help them reach their financial goals.

My ultimate goal in this social experiment is to increase each couple's net worth. The series will explore subjects like debt reduction, saving, major life changes like buying a home and having a baby, relationships and money, calculating how long it will take to save \$1 million or pay off a house, and so much more. You will find plenty of resources throughout the year, so follow along with the homework I will be dishing out every month. — Lesley-Anne Scorgie/For Metro



ANDREY POPOV/SHUTTERSTOCK



LUXORPHOTO/SHUTTERSTOCK

Carolina and Jose



LESLEY-ANNE SCORGIE
For Metro

Carolina and Jose married eight years ago and make their home in Calgary. The couple, aged 33 and 31, respectively, have three girls younger than five.

Jose works in the roofing business and does some freelance wedding photography to earn extra income. Between their eldest heading to kindergarten, potty training their toddler and soothing their teething infant, Carolina has her hands full as a stay-at-home mom. Carolina plans to return to work once their children all reach school age.

When government child tax benefits are included, the couple earns an annual income of approximately \$55,000. After many years of feeling like they aren't getting ahead, Jose and Carolina are eager to improve their financial position. Together, they dream about one day having enough savings for re-

Assets		Liabilities	
RRSP for their eldest child	\$1,500	Combined Student Loans	\$14,000
Car*	N/A	Line of Credit	\$7,500
		Car Loan	\$12,500
TOTAL ASSETS	\$1,500	TOTAL LIABILITIES	\$34,000

*Cars aren't included as assets because they decrease in value whereas our assets grow in value.

Homework

- Jose and Carolina will put together their first budget using a free template and budgeting resources from their online bank, Google Docs or GetSmarterAboutMoney.com. They also plan on determining the value of a home they can afford and specific housing options for their growing family.

sewing, reading and writing, while Jose enjoys competitive video games, graphic design and socializing with old pals. Jose and Carolina talk about money from time to time, but recognize that in order to achieve their financial goals they will have to increase their financial communication, including the immediate task of developing a realistic budget.

When asked, their top financial goals for 2014 are as follows:

- 1 Buy a house and stop paying rent to Jose's parents, whose home they are currently leasing.
- 2 Afford a trip to Ontario to visit family.
- 3 Chip away at their existing debts.

Jose and Carolina's current net worth is -\$32,500.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

tirement and some flexibility to travel.

Currently, though, the couple lives frugally, enjoying the comforts of their own home and the inexpensive excitement of raising their family. When they aren't working or dedicating time to their children, Carolina loves to get creative with crafts,

Anne-Marie and Peter

Anne-Marie and Peter are an active couple in Toronto, aged 36 and 33, respectively. They moved in together five years ago and married last year; they're now expecting their first child in June. Both enjoy their professions: Anne-Marie works in broadcasting and Peter is a senior sports editor for a medium-sized publishing house.

Their combined income hovers close to \$110,000, which is more than the median Canadian household income of around \$72,000.

The couple is fortunate to have money in their budget — yes, they actually have a budget tracked on a spreadsheet — to afford their hobbies, which, in Anne-Marie's case, is centred around the arts while Peter digs hockey and other sports.

They are big into the Toronto foodie scene and love to travel. But their culinary and travel pursuits still require frugality like couponing, paying attention to menu prices and seeking out last-minute travel deals.

The financial landscape for Anne-Marie and Peter

Assets		Liabilities	
Anne-Marie's Pension	\$75,000	Car Loan	\$4,500
Anne-Marie's RRSP	\$500	MBNA Low Rate Credit Card #1	\$3,000
Peter's RRSP	\$1,000	MBNA Low Rate Credit Card #2	\$1,000
Car*	N/A		
TOTAL ASSETS	\$81,500	TOTAL LIABILITIES	\$15,500

*Cars aren't included as assets because they decrease in value whereas our assets grow in value.

Homework

- Between this month and next, Anne-Marie and Peter plan on simplifying their budget (which currently spans multiple spreadsheets), determining the value of a home they could potentially afford to buy by sitting down with a banker for a mortgage pre-approval, and gathering information on Anne-Marie's pension program at work.

is full of opportunity. They have healthy financial habits, such as sharing in the bill paying and aggressively paying down debt. Money conversations occur weekly and are rooted in respect and

trust, which the couple says helps them stay on track and avoid financial arguments.

When asked who runs the day-to-day finances, Peter quickly pointed to Anne-Marie, labelling her as their household's CFO.

But this year financial change is on the horizon as Anne-Marie and Peter welcome their first child into their small, but well-located, rented apartment.

With that in mind, their top financial priorities for 2014 are as follows:

- 1 Pay off as much debt before the baby comes.
- 2 Start saving for their child's education.
- 3 Begin a savings program for a down payment on a home.

Anne-Marie and Peter's net worth is \$66,600.

► Max out your TFSA contribution, not your credit card.

Get a \$25 Bonus* when you become a new ING DIRECT Client and open a TFSA. Plus get a special **2.50% interest rate**** on balances until April 30, 2014.

ingdirect.ca

ING DIRECT
forward banking™



ING Bank of Canada and its subsidiaries have been acquired by The Bank of Nova Scotia and are no longer affiliated with ING Groep N.V. The trademarks ING, ING DIRECT, ING Lion, the ING Lion logo and any derivation, variation, translation or adaptation thereof are trademarks of ING Groep N.V. and are used under license. ™ forward banking is a trademark of ING Bank of Canada. * Offer valid from January 1, 2014 to March 31, 2014 for New Clients joining ING DIRECT with TFSA as First Product. Client must activate their TFSA Account and deposit their minimum initial deposit of \$100 within 30 days of enrolment. Limit of one Bonus per person. May not be combined with any other offer. ING DIRECT will open a companion Investment Savings Account and deposit the Bonus there within 30 days of funding. ** Registered rate of 2.50% is available between January 1, 2014 and April 30, 2014 on all net new deposits made between January 1, 2014 and March 31, 2014 to qualifying Tax-Free Investment Savings Account (TFSA). Interest is calculated daily and paid monthly. Rates, like the weather, are subject to change. For full details visit ingdirect.ca/maxout.



AN OUNCE OF PREVENTION CAN KEEP COLD AND FLU AT BAY

NEWS CANADA

We have all heard it — the home remedies to cure a cold or flu told to us by the friend of a friend of a friend who just swears it always works.

Some people consume copious

amounts of a specialty tea, while others are proponents of sweating out your sickness. Some mix cough syrup concoctions and others are convinced you have to ride out the storm.

The best way, however, to ease seasonal cold and flu ailments, like runny nose, sore throat and aching body, is to protect yourself before you get sick.

Here are some tips to help you keep

seasonal illnesses away.

1 Get the flu shot. It's free and it can prevent the flu from taking hold up to 90 per cent of the time among healthy adults and children.

2 Wash your hands with soap and water thoroughly and often.

3 Keep alcohol-based hand sanitizer handy with at least 60 per cent alcohol content.

4 Cover your mouth and nose with your arm or use a tissue when you cough or sneeze to help keep stuff off hands and dispose of the tissue immediately.

5 Stay home from work if you are feeling sick.

6 Avoid touching your eyes, nose and mouth since the flu virus usually enters the body through those areas.

7 Eat well, exercise and get enough rest.

8 Get educated and know when the cold and flu are likely to hit your community.

Don't spend all winter experimenting with home remedies. Proactively protect yourself from cold and flu germs this season and you can stop your runny nose before it starts flowing, soothe your throat before it starts hurting and ease your aches before you start aching. — *News Canada*



EFFECTIVE 6-SYMPTOM COLD & FLU RELIEF, DAY OR NIGHT.

The non-drowsy, stuffy head, sore throat, nasal congestion, coughing, aching, fever, seize the day even with a cold...medicine.



The nighttime sniffing, sneezing, sore throat, coughing, aching, fever, so you can sleep with a cold...medicine.



VICKS DAYQUIL & NYQUIL

To ensure this product is right for you, always read and follow the label. Keep out of reach of children.

© Procter & Gamble, Inc., 2014.

Official Sponsor of the Olympics. 36 USC 220506

NHL

Marchand keeps filling the net

Brad Marchand continued his recent hot scoring stretch with a pair of goals Monday, lifting the Boston Bruins to a 3-2 win over the Los Angeles Kings.

Marchand has scored six in his past four games.

THE ASSOCIATED PRESS

NHL

League suspends Tortorella and fines Hartley

The NHL suspended Vancouver Canucks coach John Tortorella without pay for 15 days and six games on Monday for his conduct after a brawl between his team and the Calgary Flames.

Tortorella went to Calgary's locker-room at intermission following the first period Saturday night, which began with a handful of fights and four game misconducts per team.

Tortorella blamed Flames coach Bob Hartley for starting his fourth line, saying he couldn't put star players Daniel and Henrik Sedin at risk just to deflate the situation. Hartley was fined \$25,000 US by the NHL. THE CANADIAN PRESS



An irate John Tortorella on Saturday. THE CANADIAN PRESS

NFL

Welker accused of purposely injuring Pats cornerback

Patriots coach Bill Belichick says Broncos wide receiver Wes Welker deliberately tried to "take out" cornerback Aqib Talib when they collided in the AFC championship game.

Talib hurt his knee on the play early in the second quarter and missed the rest of the game. Denver beat New England 26-16 on Sunday to advance to the Super Bowl.

Welker, a former Patriot, says he was trying to get Talib to go behind him as the two headed for each other across the middle.

THE ASSOCIATED PRESS



The Senators' Eric Gryba trails Cam Atkinson of the Blue Jackets at Canadian Tire Centre on Nov. 17. The Sens were just a point behind the eighth-place Blue Jackets heading into Monday's action. JANA CHYTILOVA/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

Senators ramp up playoff push early

NHL. Ottawa among teams making it a point to secure a top-8 spot going into the Olympics

It might only be mid-January, but the Ottawa Senators are feeling some pressure to lock up a playoff spot.

With the Olympic break just three weeks away, many teams feel the need to be in a playoff position before the start of the Olympic Winter Games in Sochi, Russia.

After 49 games the Senators

(21-19-9, 51 points) are outside the playoff picture, but a spot is within their grasp. Ottawa is just a point behind the eighth-place Columbus Blue Jackets heading into Monday's action.

"The blahs of January and February that you usually have in a season don't appear to be there this season," Ottawa coach Paul MacLean said. "Everyone seems to be very focused going in."

"The whole league is focused on (the Olympic break) so I think it makes for better hockey for everybody. The biggest thing is everyone wants to be in a better position coming

out of the break."

The players realize there's a sense of urgency to secure as many points as possible in order to be in the best possible position before the break.

"We've got to start looking not too far ahead but still making sure we stay on pace to make the playoffs," said defenceman Erik Karlsson. "We have to play with a little more urgency sometimes and every point right now counts a lot for us."

The Senators visit the Washington Capitals on Tuesday night to kick off a four-game road trip. THE CANADIAN PRESS

Pre-Olympic action

With 10 games before the Olympic break — including eight on the road — the Senators have the opportunity to solidify their positioning, but can't afford to let opportunities slip away.

- Prior to a 4-1 loss to the New York Rangers on Saturday, Ottawa earned points in eight straight games and hadn't lost in regulation since Dec. 27.



The Bobcats' Al Jefferson shoots over Raptors forward Chuck Hayes on Monday. THE ASSOCIATED PRESS

Too little, too late for Raptors

Al Jefferson sat at his locker pondering how the Charlotte Bobcats nearly surrendered a 30-point lead they held late in the third quarter.

"Of course we had to make it a game," Jefferson said with a grin. "We couldn't enjoy an easy win, right?"

It never seems that easy for the Bobcats.

Despite the lead, Jefferson and the Bobcats didn't breathe a sigh of relief until Ramon Sessions knocked down two free throws with 1.6 seconds left to secure a 100-95 victory over the

On Monday

100

Bobcats

95

Raptors

Toronto Raptors on Monday.

Jefferson became the first Bobcats player to record a double-double in the first half and finished with 22 points, 19 rebounds and a season-high

seven assists and the Bobcats defeated the Raptors for the seventh straight time in Charlotte. "The important thing is we came out of it with a win," Jefferson said.

DeMar DeRozan had 25 points and Kyle Lowry had 21 for the Atlantic Division-leading Raptors, who fell to .500 after their fourth straight road loss.

Kemba Walker, whose streak of 190 straight games played was snapped, sat out with a sprained ankle.

THE ASSOCIATED PRESS

Bilodeau: 'These Games belong to Canada'



Canadian moguls silver medallist Mikael Kingsbury, left, congratulates compatriot and gold medallist Alex Bilodeau at the World Cup Freestyle Skiing event Sunday in Val-St-Come, Que. PAUL CHIASSON/THE CANADIAN PRESS

Freestyle skiing nominations. Gold medallist will be joined by crew of fellow Quebecers in Sochi

Reigning Olympic champion Alexandre Bilodeau and a trio of history-making sisters are headlining Canada's freestyle ski team roster for the Sochi Olympics.

Bilodeau, from Montreal, won his third straight World Cup moguls event over the weekend, edging out teammate and rival Mikael Kingsbury of Deux-Montagnes, Que.

Kingsbury and Marc-Antoine Gagnon of Terrebonne, Que., were also named to the early 20-athlete nomination list Monday by the Canadian Freestyle Ski Association.

"I am ready to hit the slopes of Russia and show the world why Canada is a force to be reckoned with," Bilodeau said.

He acknowledged he'll be going to Sochi feeling a little less pressure than he did in Vancouver four years ago.

"In Vancouver, I showed up

with a gun to my head," he said. "I wanted a medal. I put a lot of pressure on myself. Fortunately, I managed to pull myself together after working hard with my sports psychologist a week before the Games. Now, in Sochi, the work is done."

Bilodeau said he's heading to Norway to tweak a few things and plans to enjoy the experience when he arrives in Russia. He has said Sochi will be his last Olympics.

"I'm going to take every moment and remember it and I think there will be good moments, especially with the two gentlemen who will be accompanying me," he said, referring to Kingsbury and Gagnon.

The women's moguls team includes Montreal sisters Chloe, Justine and Maxime Dufour-Lapointe along with Audrey Robichaud of Quebec City. Chloe and Justine finished 1-2 over the weekend at a World Cup in Val St-Come, Que.

Canadian Olympic Committee president Marcel Aubut said it's the first time in the world where three siblings have competed on the same Olympic team in the same event.

THE CANADIAN PRESS

Teammates

- World champion Kaya Turski of Montreal and Dara Howell of Huntsville, Ont., headline the women's slopestyle team. They're joined by Quebec City's Kim Lamarre and Yuki Tsubota of Whistler, B.C.
- Alex Beaulieu-Marchand of Quebec City will compete in men's slopestyle.
- Calgary's Roz Groenewoud anchors the women's half-pipe team. She's joined by Megan Gunning of Calgary and Keltie Hansen of Edmonton.
- The men's halfpipe lineup includes Edmonton's Mike Riddle, Matt Margetts of Penticton, B.C., and Justin Dorey and Noah Bowman, both of Calgary.
- World silver medallist Travis Gerrits of Milton, Ont., will be the lone competitor in men's aerials.

Jon Montgomery

2010 skeleton champ falls short of Team Canada

Jon Montgomery won't defend his Olympic gold medal in men's skeleton at the Winter Olympics.

He fell just short of qualifying for the Canadian Olympic team at a World Cup in Austria last weekend.

Canada was assured of two entries in men's skeleton in Sochi.

Calgary's John Fairbairn and Eric Neilson of Kelowna, B.C., had already claimed those spots.

Montgomery was trying to both qualify a third sled for Canada and earn his spot on the Olympic team at the same time.

The slider from Russell, Man., finished seventh Saturday but needed to be at least fourth, according to Canadian coach Duff Gibson. THE CANADIAN PRESS



Canada's Jon Montgomery
THE ASSOCIATED PRESS

Allingers. Russia aims to recreate Canada's success with help of sports couple

There will be Canadian fingerprints on the Russian team's performance at the Winter Olympics next month in Sochi.

The Russian Olympic Committee hired sports power couple Todd and Cathy Allinger of Vancouver after their significant contributions to Canada's medal haul at the 2010 Vancouver Games.

The Russians want 14 gold medals in Sochi, which would equal the Winter Games record set by the Canadian team in 2010. The host country is also aiming for a top-three finish in the overall medal count.

It seems like an ambitious goal after Russia won just three gold medals in 2010, the country's fewest at a Winter Games since the breakup of the Soviet Union. The Russians also ranked sixth in total medals with 15.

Like Canada prior to 2010, Russia doesn't want to be embarrassed by its performance at its own Games. The ROC recruited the Allingers in the fall of 2010 because they possess sports expertise few in the world have.

After scouting and reviewing Russia's athletes, teams and sport federations,

Winning record

- Cathy Priestner-Allinger was the first Canadian woman to win an Olympic speedskating medal in 1976.
- She and Todd co-authored the report — the template for Own The Podium — that revolutionized how Canada's athletes prepare to compete in Olympic Games.

the Allingers made recommendations and "they've probably implemented 90 per cent of them," Cathy says.

"We really think Russia is on track and ready to win the medals that they are wanting to," Cathy told The Canadian Press in a phone interview from Vancouver. "We're excited because Russia has developed more potential medal athletes in this four-year period than any other country has. Based on the way we evaluate and look at the numbers, they've done incredibly well with developing medal potential for 2014."

THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	49	31	15	3	141	109	65
Tampa Bay	50	29	16	5	146	123	63
Montreal	49	27	17	5	126	120	59
Toronto	50	25	20	5	141	152	55
Detroit	48	21	17	10	121	130	52
Ottawa	49	21	19	9	139	155	51
Florida	48	18	23	7	111	147	43
Buffalo	47	13	27	7	86	133	33

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	48	34	12	2	156	115	70
NY Rangers	51	27	21	3	128	128	57
Philadelphia	50	25	19	6	137	144	56
Columbus	48	24	20	4	138	135	52
Washington	49	22	19	8	142	150	52
New Jersey	50	20	19	11	115	123	51
Carolina	48	20	19	9	117	137	49
NY Islanders	51	20	24	7	142	166	47

Monday's results

NY Islanders 4 Philadelphia 3 (SO)

Boston 3 Los Angeles 2

Florida at Pittsburgh

St. Louis at Detroit

Toronto at Phoenix

Dallas at Nashville

Calgary at San Jose

Sunday's results

Chicago 3 Boston 2 (SO)

Tampa Bay 5 Carolina 3

NY Rangers 4 Washington 1

Tuesday's games — All Times Eastern

Los Angeles at Columbus, 7 p.m.

St. Louis at New Jersey, 7 p.m.

Ottawa at Washington, 7 p.m.

Florida at Buffalo, 7 p.m.

Carolina at Philadelphia, 7 p.m.

NY Islanders at NY Rangers, 7 p.m.

Minnesota at Dallas, 8 p.m.

Toronto at Colorado, 9 p.m.

Vancouver at Edmonton, 9:30 p.m.

Winnipeg at Anaheim, 10 p.m.

Wednesday's games

Montreal at Pittsburgh, 7 p.m.

Chicago at Detroit, 8 p.m.

Phoenix at Calgary, 9:30 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	51	32	8	11	184	139	75
St. Louis	47	32	10	5	166	107	69
Colorado	48	31	12	5	142	122	67
Minnesota	51	27	19	5	125	125	59
Dallas	48	21	19	8	136	148	50
Nashville	50	21	22	7	121	151	49
Winnipeg	50	22	23	5	141	150	49

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	51	37	9	5	175	126	79
San Jose	49	31	12	6	158	121	68
Los Angeles	50	29	15	6	128	103	64
Vancouver	50	25	16	9	127	127	59
Phoenix	48	23	16	9	139	145	55
Calgary	49	16	26	7	109	156	39
Edmonton	51	15	30	6	131	181	36

Note: Two points for a win, one point for overtime loss.

SCORING LEADERS

	G	A	Pts
Crosby, Pgh	25	43	68
Getzlaf, Ana	25	33	58
Tavares, NYI	22	36	58
Kane, Chi	23	33	56
Perry, Ana	27	28	55
Thornton, SJ	6	46	52
St. Louis, TBL	25	25	50
Sharp, Chi	25	25	50
Ovechkin, Wash	35	14	49
Kunitz, Pgh	24	25	49
Backstrom, Wash	11	38	49
Pavelski, SJ	25	23	48
Kessel, Tor	23	25	48
Toews, Chi	17	31	48
Okposo, NYI	19	28	47
Malkin, Pgh	12	35	47

Not including last night's games

NFL PLAYOFFS

CONFERENCE CHAMPIONSHIPS

Sunday's results

AFC — Denver 26 New England 16

NFC — Seattle 23 San Francisco 17

SUPER BOWL XLVIII

Sunday, Feb. 2 — At East Rutherford, N.J.

Denver vs. Seattle, 6:30 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	32	7	.821	—
d-Miami	29	12	.707	4
Atlanta	21	19	.525	11 1/2
d-Toronto	20	20	.500	12 1/2
Washington	20	20	.500	12 1/2
Chicago	19	20	.487	13
Brooklyn	17	22	.436	15
Charlotte	18	25	.419	16
Detroit	17	24	.415	16
Cleveland	15	26	.366	18
New York	15	26	.366	18
Boston	14	28	.333	19 1/2
Philadelphia	13	28	.317	20
Orlando	11	30	.268	22
Milwaukee	7	33	.175	25 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	32	9	.780	—
d-Portland	31	9	.775	1/2
Oklahoma City	31	10	.755	1
d-L.A. Clippers	29	14	.674	4
Houston	27	15	.643	5 1/2
Golden State	26	16	.619	6 1/2
Dallas	25	18	.581	8
Phoenix	23	17	.575	8 1/2
Denver	20	20	.500	11 1/2
Memphis	20	20	.500	11 1/2
Minnesota	19	21	.475	12 1/2
New Orleans	16	24	.400	15 1/2
L.A. Lakers	16	25	.390	16
Sacramento	14	25	.359	17
Utah	14	28	.333	18 1/2

d - division leader

Monday's results

Dallas 102 Cleveland 97
L.A. Clippers 112 Detroit 103
Charlotte 100 Toronto 95
Washington 107 Philadelphia 99
Brooklyn 103 New York 80
New Orleans 95 Memphis 92
Atlanta 121 Miami 114
L.A. Lakers at Chicago
Portland at Houston
Indiana at Golden State
Tuesday's games — All Times Eastern
Orlando at Brooklyn, 7:30 p.m.
Boston at Miami, 7:30 p.m.
Sacramento at New Orleans, 8 p.m.
Portland at Oklahoma City, 8 p.m.
Minnesota at Utah, 9 p.m.

Horoscopes

Aries

March 21 - April 20
Even if you prefer to walk alone, it will pay you to get more involved in group activities over the next few days. Friends will bring you luck and make life more enjoyable.

Taurus

April 21 - May 21
This is the perfect time to give your reputation a boost. You will find favour with people in positions of power but the most important thing is that you believe in yourself.

Gemini

May 22 - June 21
Don't waste time telling the world what you are going to do — just do it. You should be aiming higher than ever before. If you want something enough, you can make it happen.

Cancer

June 22 - July 23
Someone you do business with will force you to choose between your ideals and your earnings. If you compromise your principles once, you will be expected to compromise them again and again.

Leo

July 24 - Aug. 23
Now that the Sun is transiting your opposite sign of Aquarius, make an effort to see things from alternative points of view. Also, don't criticize people you care for just because they fail to live up to your high standards.

Virgo

Aug. 24 - Sept. 23
Cosmic activity in the area of your chart that governs your work and your well-being is warning you not to push yourself too hard. Your energy levels may be a bit low, so pace yourself sensibly.

Libra

Sept. 24 - Oct. 23
Throw caution to the wind and just let your instincts guide you. This is a great time for creative activities and affairs of the heart, so be creative about your love life and love everything you create.

Scorpio

Oct. 24 - Nov. 22
Decisions you make over the next few days will have a lasting impact on your domestic situation. So, make sure you know the facts and you are not being misled by those who have an agenda.

Sagittarius

Nov. 23 - Dec. 21
Be sociable. Wherever you go and whatever you do, you will have a lot of fun and even the most ordinary of encounters will be hugely enjoyable.

Capricorn

Dec. 22 - Jan. 20
If you need financial assistance, now is the time to ask for it. The planets make it easy to convince those who can help that your cause is deserving. Having said that, the assistance will not come cheap, so help yourself as much as you can.

Aquarius

Jan. 21 - Feb. 19
It's one of the most vital times of the year for you. The Sun in your sign will ensure whatever you do is endowed with extra power. Aim to do good things for others and good things will come your way.

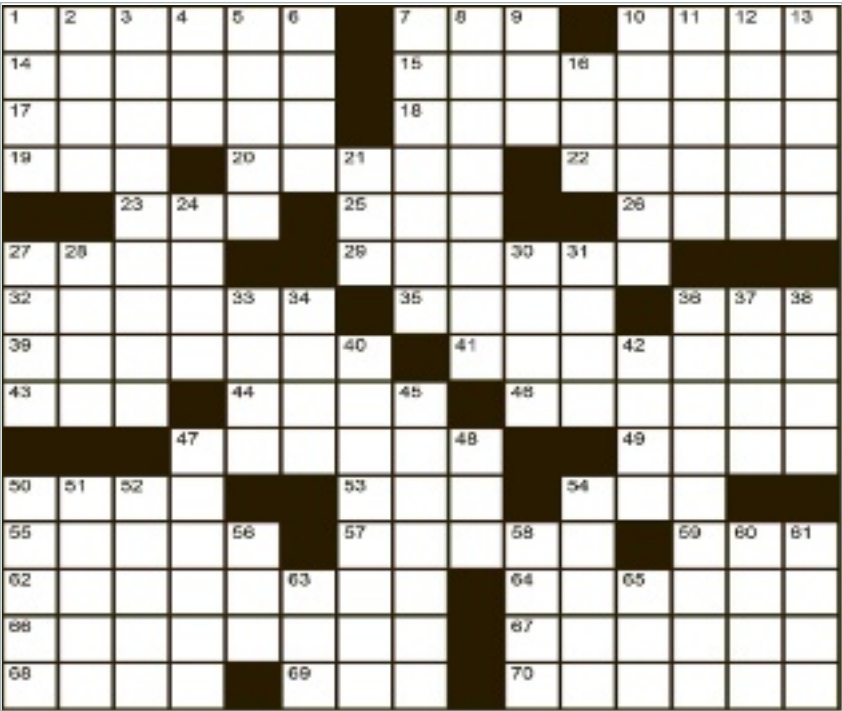
Pisces

Feb. 20 - March 20
This may be a difficult time for you, but it is also a time when you can learn a great deal about yourself, which in turn makes success in the long-term more likely. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- 1. University of Manitoba, Home of the ___
- 7. Male swan
- 10. House of ___ (Mid-east royal family)
- 14. Jessica Simpson's sister
- 15. NB community, locale of 5 CDSB
- 17. Elegant aircraft
- 18. Blue in colour, it's the Yukon's official gemstone
- 19. Forestry fluid
- 20. Uncertainty
- 22. Splashy surges
- 23. Music producer, Don ___
- 25. Oscar-winning actress, Melissa ___
- 26. Ms. Sedgwick
- 27. Ride the waves
- 29. Get there
- 32. Make happy
- 35. Amy's Golden Globes co-host
- 36. These: French
- 39. ___ one's arms (Cease the stern-looking pose)
- 41. Popcorn brand, ___ Redenbacher's
- 43. US state, North ___
- 44. Made, as cotton candy
- 46. "___ you can!" (Buffet host's urging)
- 47. Elated
- 49. Caustics
- 50. Prefix to 'aller-



- 53. Calendar abbr.
- 54. Mop & ___ (Floor cleaner)
- 55. "Lorna ___" (1951)
- 57. "Best ___ Had" by Drake
- 59. Liq. amounts
- 62. Jay Z's wife, to fans: 2 wds.
- 64. Velvet
- 66. Gwen Stefani's rocker hubby Gavin

- 67. Do charades: 2 wds.
- 68. Wild blue yonder's
- 69. Dictionary abbr.
- 70. Spanish Conquistador, Hernan ___ (b.1485 - d.1547)

Down

- 1. Undereye cream targets
- 2. Ms. Fisher

- 3. Scuba diving exploration site
- 4. Antiquated
- 5. Must-haves (Sleepy stuff)
- 7. Stephen of that satirical 'Report' show
- 8. Handel musical work
- 9. TLC member, T-___
- 10. "___, ___ how are you 'n' stuff?"

- (English-as-it's-often spoken query)
- 11. Tart-tasting
- 12. Express
- 13. ___ great job (Performs well)
- 16. Mother goddess of Thebes
- 21. 'Form' suffix
- 24. Way out there
- 27. Tater
- 28. Forearm bone
- 30. Concerning,

See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

- curtly: 2 wds.
- 31. ___-___-vroom!
- 33. Fair
- 34. Catch a glimpse
- 36. Vancouver Island: ___ Sound
- 37. Ms. Macpherson
- 38. Poivres partners
- 40. Canadian Forces Base ___, in Alberta
- 42. "___ be okay." (Don't worry)
- 45. Ballet legend, Rudolf ___ (b.1938 - d.1993)
- 47. "Bridget ___ Diary" (2001)
- 48. Ms. Ullmann
- 50. Main office [abbr.]
- 51. "How are things?": 2 wds.
- 52. Verse
- 54. Painter, El ___ (b.1541 - d.1614)
- 56. Conclusion
- 58. Leave a disaster area, for short
- 60. Honest
- 61. Positions
- 63. Woolly one's call
- 65. Env.'s stuff-y

Yesterday's Crossword

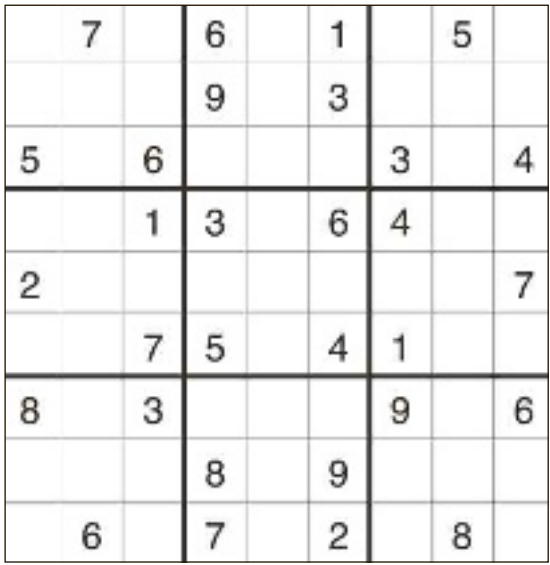


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

-20°/-26°
Partly cloudy

Wednesday

-19°/-23°
Mainly sunny

Know what the weather will be 14 days from now.
Check the 14 day trend.

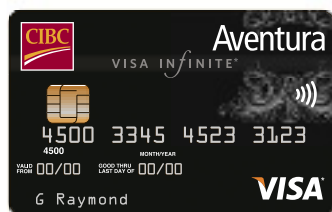
©The Weather Network 2014

visit metronews.ca

Earn up to 20,000 Aventura Points, plus no annual fee for the 1st year.¹



**The new CIBC Aventura® Travel Rewards Program.
So good even penguins can fly™.**



**With flights for as little as 10,000 points, you'll
be flying in no time. But hurry! You need to
apply by March 31, 2014, to receive the offer.**



Visit us at cibc.com/penguinscanfly or call 1 855 813-9803.

¹Offer applies to newly approved eligible Aventura credit card accounts only for applications received between January 1 and March 31, 2014; transfers from an existing CIBC credit card are excluded. Bonus points and annual fee rebate awarded to the primary cardholder. Qualifying purchases must be made to receive bonus points. Offer may be withdrawn or changed without notice at any time. Conditions apply; for details visit cibc.com/penguinscanfly. ²Aventura Points can be redeemed for up to 100% of the cost of airfare as well as (if you have sufficient Aventura Points) for taxes and other charges on airfare purchased through the CIBC Rewards Centre. You must book all flights through the CIBC Rewards Centre. Some taxes and other charges may be collected locally/when you are travelling, and cannot be prepaid; please ask a CIBC Rewards Centre Counsellor for specific details. Visa™ and Visa Infinite™ are trademarks of Visa Int./CIBC lic. user. All other trademarks are owned by CIBC or related entities.